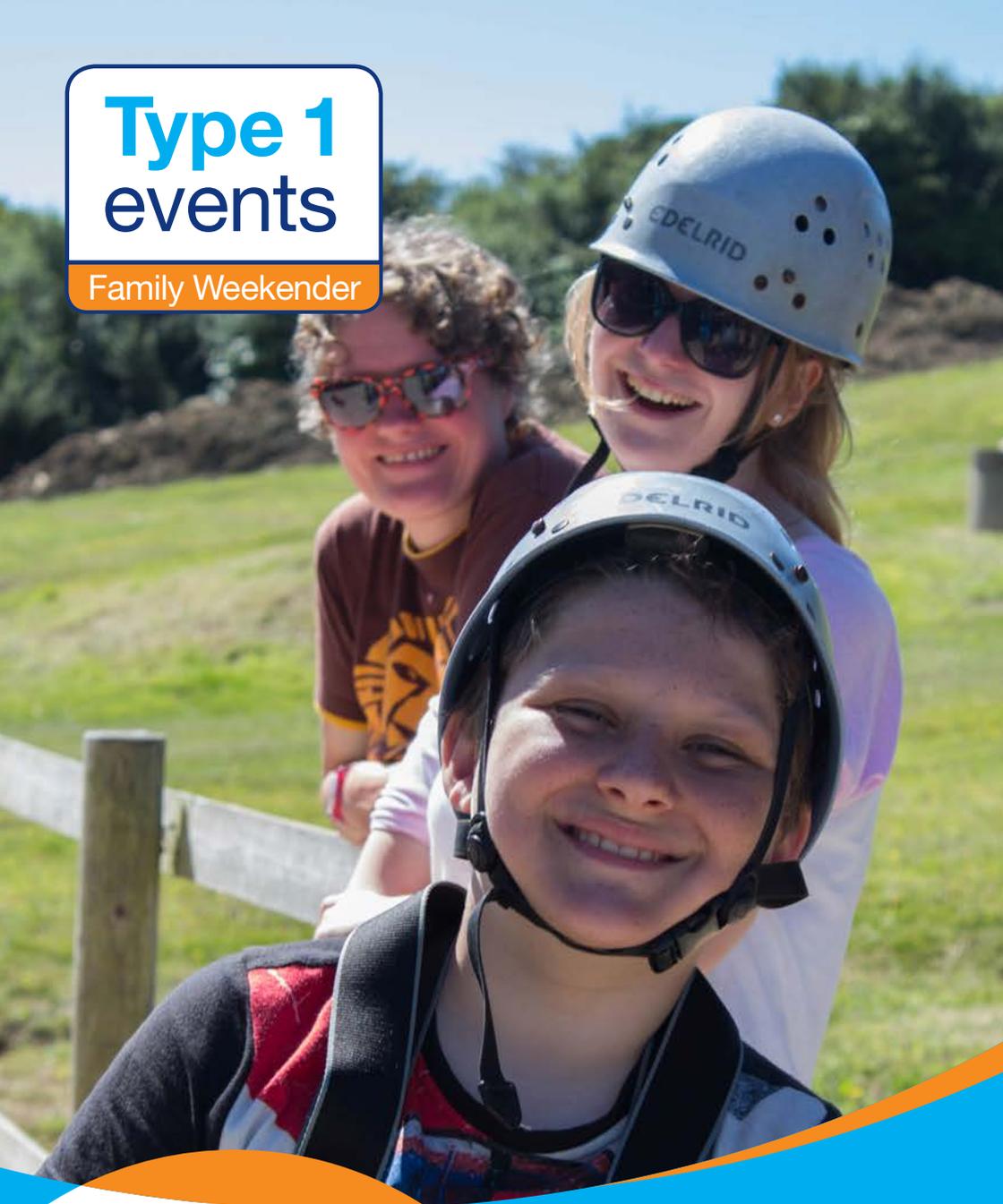


Type 1 events

Family Weekender



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

What to expect
when you volunteer



Type 1 Events are a unique volunteering opportunity and we want to make your experience as rewarding as possible.

Volunteering at one of our events isn't just helping out, it is life changing for the families involved – and fun. Take a look below to get a feel for what you can expect as a volunteer.

What's my role as a general volunteer at the Family Weekender?

Our family weekends are mainly staffed by volunteers. So your role really is central to making these events happen. Generally there are between 30 to 40 volunteers at a weekend, depending on the age and number of children and young people (from 0–17 years) who have applied. When they're away from their parents doing fun activities, your role will be to support and supervise them, making sure they're safe and having a great time.

As well as other general volunteers, you'll also be joined by a fantastic group of healthcare professional (HCP) volunteers. These include doctors, nurses and dietitians, along with a Clinical Lead. So you won't be responsible for the children and young people's medical care, but you may need to oversee their hypo treatments and finger prick tests. But don't worry, you'll never be left to deal with these on your own.

Your team will usually consist of around eight children of a similar age and up to six volunteers, both HCP and general volunteers.

What will I be doing during the weekend?

Our weekends are action packed and include activities such as rock climbing or archery, which are led by qualified staff. With arts and crafts, bowling and other team games as well, there's always something fun going on. While you're supervising the children and young people, you'll be able to have a go and get stuck in with all the activities, to show Type 1 doesn't stop you doing anything. But don't worry, we won't expect you to do anything you don't want to.



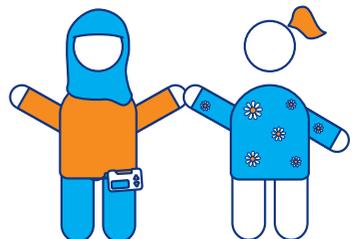
Children under the age of five are part of the crèche and have a different activity programme to the rest of the event. You'll only be asked to volunteer as part of the crèche if you've let us know that you're happy working with this age group on your application form.

What will my team be like?

Your team will be a mix of HCP and general volunteers who are living with Type 1 diabetes themselves or have a family member or close friend with Type 1. You'll all relate to each other and will become a really close team during the weekend. We have set ratios of volunteers to children to keep things safe, so that everyone can focus on the fun. Each team has a Team Leader, who is an experienced volunteer and will be there to support you the whole way through.

About two weeks before your allocated event we'll let you know your team and the age range of the children you'll be looking after.

Sometimes, we have last minute family drop outs or family applications which means teams can change. We'll always let you know if this affects you as soon as possible.

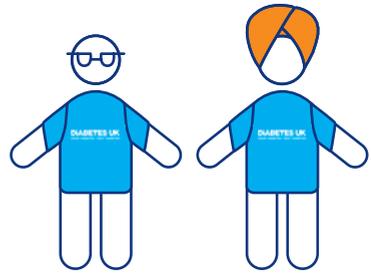


Who will support me at the event?

Ahead of the event we'll pair you up with an experienced volunteer, so you can talk to them about what it's like to volunteer at an event, making everything more familiar.

During the event, there will always be two Diabetes UK staff members, an experienced Lead Volunteer and a Lead HCP Volunteer. They're there to make sure the events run smoothly and everyone has a brilliant time. The Lead Volunteer will also contact you before the event to introduce themselves.

If you have any questions, or if you need any help during the event, the staff and the Lead team will be on hand. And don't forget, you'll also be surrounded by a group of fantastic returning volunteers who are really friendly, and have a huge amount of Diabetes UK experience.



What is the time commitment?

A Family Weekender lasts three days. Your role on the event is key to supporting the children and their families to increase their confidence and knowledge to manage Type 1. And feel positive about the future. It's vital that our participants are able to build solid, trusting relationships to get this confidence. This means every minute counts, so we ask that you're able to commit to the full weekend. This includes arriving on time for the 12pm training on the Friday which is essential to ensure the event runs safely and well.

Duration: 3 days

Arrive: Friday, 11.30am

Meet the team/training: 12pm

Families to arrive: 4pm onwards

Activities start: 5pm

Needed on-site:

Friday 12pm to 9pm

Saturday Breakfast to bedtime

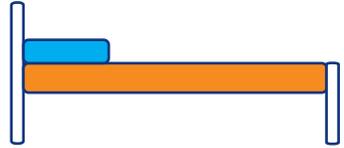
Sunday Breakfast to 1pm

Depart: 1pm onwards

We can provide accommodation on the Thursday night if required and lunch is available on the Sunday too.

Where do I sleep and what will I eat?

All food and accommodation is provided when you volunteer for the weekend. And there's so much food and hypo treatment you'll never go hungry. All meals are balanced and all dietary requirements can be catered for if we're told in advance.



We will provide you with a single room, but if you're willing to share with another volunteer this helps reduce the cost of the event. Just let us know.

Will I receive any training?

Absolutely. Training begins at 12pm on the day of the event and ends at 3pm. It covers elements such as behaviour support and safeguarding, as well as an overview of diabetes management and information on our procedures that make sure everyone stays safe. There will also be time with your team, so you know who you'll be working with over the weekend.



We'll need you to complete some online safeguarding and event-specific training before the event. You'll receive a link to this three months before and we ask that you complete the training at least two weeks prior to the event.

You'll also receive a Volunteer Handbook before you arrive packed with all the information you need to prepare for volunteering with us.

What should I wear?

Event life is pretty full on. It's packed with both indoor and outdoor activities so you'll need clothes for every eventuality. Think rain coats, trainers or boots, and those clothes that you won't mind getting a bit dirty. From the time families arrive, we'll need you in your team's Diabetes UK t-shirt which we will provide. A backpack is also really handy to pack in all of your layers and the hypo treatment we'll supply.



A full suggested packing list is in the Volunteer Handbook.

Will you pay for my travel to and from the event?

Of course we can cover reasonable travel expenses. If you are travelling by train, it would be great if you can book tickets in advance, to help keep our costs down.



You'll be making your own way to and from events but if it's easier, we can book travel for you. Just ask.

I still have questions, who do I contact?

If you still have any questions or you'd like to know more, we'd love to hear from you. Please email type1events@diabetes.org.uk or call **0345 123 2399*** between 9am and 6pm.

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www.diabetes.org.uk

*Calls may be recorded for quality and training purposes.

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