



ARTHRITIS CARE

*Empowering
people with arthritis.*

A photograph of two hands reaching towards each other against a light grey background. The top hand is positioned higher and slightly to the right, while the bottom hand is lower and to the left. The fingers are spread, and the hands are just inches apart, creating a sense of tension and longing. The lighting is soft, highlighting the skin tones and the texture of the hands.

**CAN
YOU REACH
OUT?**



After more than 60 years in operation, **Arthritis Care** is the largest UK voluntary sector organisation working to empower people with arthritis.

WHO ARE WE?

_____ We are a user led organisation, which means people with arthritis are at the heart of our work – they form our membership, are involved in all of our activities and direct what we do.

In the UK, nine million people of all ages live with arthritis. Our organisation has six regional offices and over 250 local branches all working towards a society in which the needs of those people living with the condition are understood, respected and fully met. Volunteers are vitally important members of our team: none of the work we do would be possible without them.



WHAT DO WE DO?

Arthritis Care exists to support all people with arthritis: directly, by providing high-quality information services and indirectly, by influencing others who can make a positive difference to their lives.

- We provide practical information services. From a free confidential helpline service, free self-management courses, to free publications, an award winning website, videos and audio files – we support individuals to take control of their condition.
- We campaign for change by raising awareness amongst policy decision-makers and health professionals and by working with partner organisations. We also work to support improvements to local services.
- We provide opportunities to meet and socially network with others. With our branches, discussion forums, training sessions and more, Arthritis Care recognises that communities help to assist health and well-being.



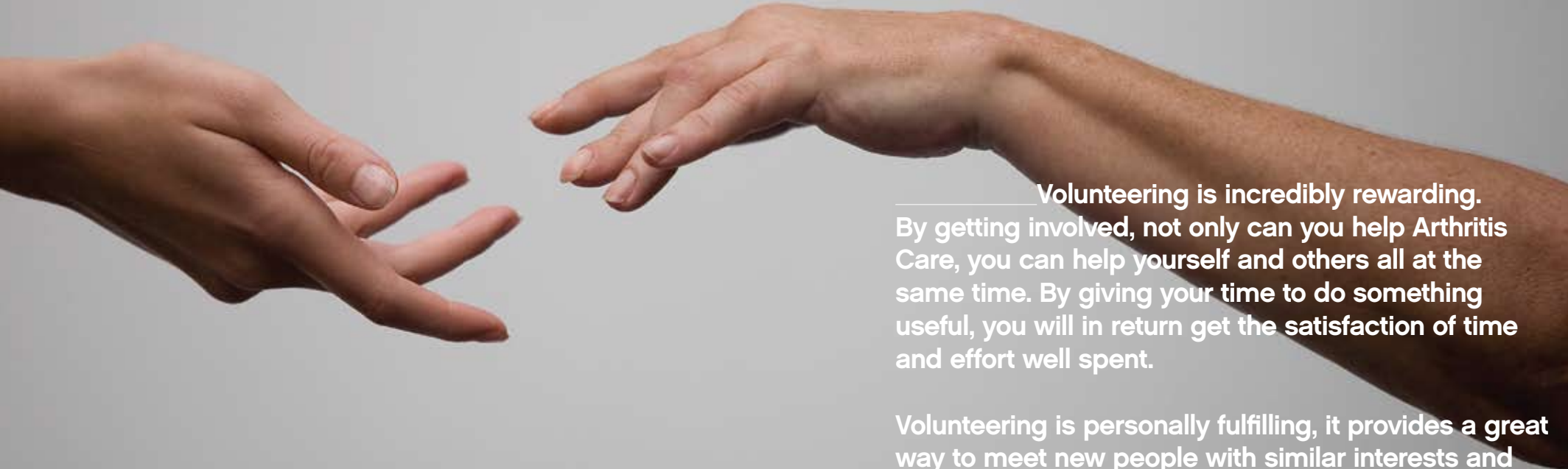
OUR VOLUNTEERS

In July 2006 **Arthritis Care** was the first UK-wide charity to gain the prestigious Investing in Volunteers award in relation to our operations in Scotland. This award recognises our organisation's commitment to high quality volunteer involvement – staff and volunteers operate as a team and the sharing of knowledge and ideas is encouraged.

Our volunteers bring a wide range of skills to the organisation and become involved at many different levels. Arthritis Care volunteers give as much or as little time as they can commit, and are given full support, training and opportunities to develop their ideas, learn new skills and fulfil their potential.

Examples of their work include distributing information, delivering self-management courses, campaigning assistance, offering feedback and consultation through the people bank, organising local branches and groups, attending focus groups, and promoting the work of Arthritis Care in the community and media. Fundraising is also an essential part of our work, as is raising awareness and speaking out on behalf of those living with arthritis. We welcome innovation and support our volunteers to develop new roles and opportunities.

WHY VOLUNTEER?



Volunteering is incredibly rewarding. By getting involved, not only can you help Arthritis Care, you can help yourself and others all at the same time. By giving your time to do something useful, you will in return get the satisfaction of time and effort well spent.

Volunteering is personally fulfilling, it provides a great way to meet new people with similar interests and to share experiences. It is also a means to build self-confidence and a sense of belonging whilst making positive and active contributions to society.

It is also a fun way to boost your career, learn new skills, gain useful experience and keep active. Volunteering with Arthritis Care is mutually beneficial, particularly for those with long term conditions.

_____ 'I am amazed at myself, especially the public speaking and organisational skills I have gained through my work with Arthritis Care. I also like the social aspect of it.'

_____ 'Meeting with contacts and knowing I can get along with people makes a difference to my confidence.'

_____ 'Volunteering gives me a purpose in life outside the home and motivates me socially.'

**Arthritis Care
Volunteers**

HOW DO I VOLUNTEER ?

_____ If you are interested in becoming a volunteer with Arthritis Care and want to find out more, please complete the form overleaf and post it to:

Arthritis Care in Scotland
Unit 25a
Anniesland Business Park
Glasgow
G13 1EU

Get In Touch Today

Name/ _____
Address/ _____

Postcode/ _____
Phone/ _____

Email/ _____

I am interested in becoming a volunteer for Arthritis Care (please tick box) _____

Arthritis Care values your ideas, so please detail any skills or experience you feel we should know about, or would like to develop with us

In accordance with the 1998 Data Protection Act, I agree that Arthritis Care may hold and use my details for volunteering reasons and to keep in touch with me. This information can be stored on both manual or computer files accessed by authorised personnel only.

Signature _____ **Date** _____

Thank you for your interest in Arthritis Care, we will be in touch with you shortly.

Tear Here



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