

## **InControl Activity Leader**

**Project: In Control**

**Supervised by: In Control Community Programme Manager**

**Where: Across England**

**When: Up to one hour per week for up to three months**

Ataxia is an umbrella term for a group of neurological disorders that affect balance, coordination and speech. There are many different types of ataxia that affect people in different ways. Ataxia is a rare condition, with approximately 10,000 adults and 500 children living with a progressive form of ataxia.

Ataxia UK is the only leading national charity for people affected by any type of ataxia. We fund research into finding treatments and cures, and offer advice, information and support to people affected by the condition.

We have been awarded 3-year funding from the National Lottery Community Fund. Part of our “**InControl**” project we aim to develop community projects that increase people’s emotional wellbeing and decrease feelings of social isolation of the Ataxia Community.

With Covid-19 affecting everyone’s life throughout the UK, it is now more important than ever to reduce any feelings of isolation. Through our teleconference provider Zoom, we are launching a range of virtual activity sessions. Designed to reflect the interests of the ataxia community, we aim to have a wide range of virtual activities to engage in.

Our InControl Activity Leader volunteer will work with the InControl team to help facilitate and eventually lead on delivering their own activity session.

### **Tasks for this role will include:**

- Suggest topics to cover in activity session
- Encourage and support others group members to contribute
- Provide feedback on session to Ataxia UK staff to improve sessions
- Work with the InControl Team on developing own session
- Report any concerns in relation to safeguarding and health and safety the InControl Team

### **We are looking for volunteers with:**

- An interest in learning
- Empathetic and caring attitude
- Can spare up to an hour a week for a 3-month period
- Good Interpersonal skills

- An understanding of ataxia
- Committed and reliable

**What we can offer you:**

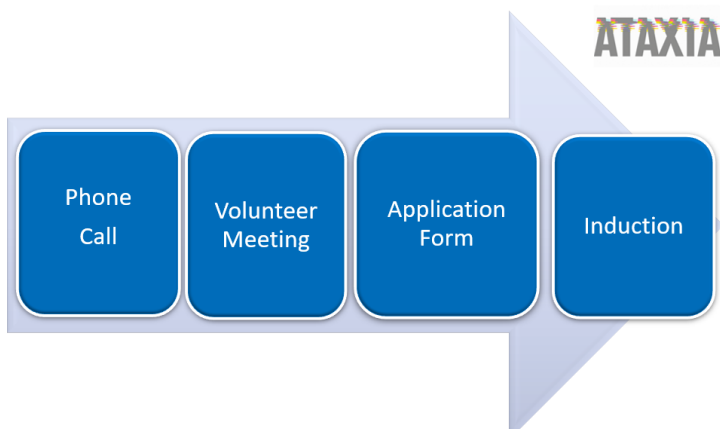
- Induction learning
- Great addition to your CV
- Make a real difference for affected by ataxia during Covid-19

**Your availability:**

- We would like you to be able to volunteer with us for at least three months, and able to volunteer for at least one hour per week

**Recruitment Process:**

We aim to run an inclusive volunteering programme. We welcome applications from people who have been affected by ataxia. Our process of recruitment is:



**Further queries:**

volunteering@ataxia.org.uk  
0207 582 1444

**Thank you for your interest in volunteering with Ataxia UK #InControl20**