



All About Ataxia & All About Ataxia PLUS Facilitator Role Description

Ataxia is an umbrella term for a group of neurological disorders that affect balance, co-ordination, 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.

Volunteer Role: All About Ataxia & All About Ataxia PLUS Facilitator

Service: All About Ataxia and All About Ataxia PLUS Seminars

Supported by: The Services Team; Head of Services & The Community Programme Officers

Where: Usually virtually, occasionally in person

Commitment: 2.5 days every quarter for at least 1 year

Training: As part of your volunteer onboarding - Equality & Diversity Training, Safeguarding, Health & Safety, How to use Zoom.

Requirements: Be 16 years old and over & have lived experience of ataxia (either as diagnosed with ataxia or as a family or friend affected by ataxia). If diagnosed, to have been so for at least 1 year or have been a Friend of Ataxia UK for at least 1 year

Objectives:

All About Ataxia

All About Ataxia aims to provide information to the newly diagnosed through videos and 'Table Talks' with volunteers with lived experience of ataxia.

All About AtaxiaPLUS

All About AtaxiaPLUS using the same format as All About Ataxia, videos and 'Table Talks', All About AtaxiaPLUS delivers information on a range of different subjects which are important and helpful for anyone affected by ataxia.

We cover: Gadgets Aids & Adaptations, Mental Health, Care Needs and we are developing new sessions.

As a facilitator you will be facilitating a small group alongside other volunteers & sharing your personal experiences of ataxia with others.

Ataxia UK, 12 Broadbent Close, London N6 5JW Office 020 7582 1444 Helpline 0800 995 6037
volunteering@ataxia.org.uk

www.ataxia.org.uk Ataxia UK is a Charity registered in Scotland (SC040607) & England & Wales (1102391); & Limited Company (4974832)

The skills you need:

- Lived experience of ataxia (either as diagnosed with ataxia or as a family or friend affected by ataxia)
- If diagnosed, to have been so for at least 1 year or have been a Friend of Ataxia UK for at least 1 year
- Willingness to learn
- Be knowledgeable about what Ataxia UK can offer
- Friendly with good interpersonal skills
- Are committed and reliable
- Empathetic
- Be a good communicator, as you will be working with a wide range of different people in different stages of their journey

What you will be doing:

- Attending All About Ataxia/All About Ataxia PLUS seminars
- Giving a brief introduction to recorded videos
- Sharing your own experiences with ataxia
- Facilitating small groups of attendees in 'Table Talks'
- Answering questions and signposting attendees to the Ataxia UK Helpline where necessary
- Encouraging others

In return, as an Ataxia UK volunteer, we will offer you:

- Induction learning
- Great addition to your CV
- Make a real difference for people living ataxia
- Support from the Services Team to fulfil your role
- Training
- Travel reimbursement if travelling for in person seminars

For further information, please contact:

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