

# Online Activities Volunteer

The Stroke Association Online Activities hub offers a wide range of free daily zoom sessions for anyone affected by stroke in the UK, which includes the Crown dependency islands of Isle of Man and the Channel Islands. Our range of sessions are designed to encourage peer support through social interaction. As an Online Activities Volunteer you will join the team to support the facilitators with the delivery of our sessions. In doing so you will help people to feel less alone and more supported.

## What the role involves:

- To do this role you will be someone who has their own computer and happy to volunteer remotely.
- You will need to commit to at least one session per week on either a Tuesday or Friday between 2.00pm - 3.00pm. You will also be asked to attend a team meeting for an hour once every other month.
- You will need to be confident using Zoom in order to help manage the Zoom waiting room and update participant names on their profile.
- Joining an unfamiliar online group can be overwhelming and scary. As an Online Activities volunteer you will welcome people when they join an activity, so they feel part of the group.
- You will help the facilitators to support conversations to ensure all participants can contribute how and when they want.
- Whilst you won't be expected to manage the topic of conversation, you will be expected to be non-judgmental and empathetic when hearing sensitive conversations around mental and emotional wellbeing.
- With the support of the facilitators, you will use different tools to support people with communication needs to take part in the sessions.

## Who the role might suit:

Someone who:

- Has their own PC, laptop or tablet and a reliable internet connection.
- Has some knowledge of zoom video calling.
- Is confident using IT and has the willingness to learn more about using zoom in order to carry out some light admin within the platform.
- Works well with other people and is a great communicator.
- Wants to support people in an empathetic and non-judgemental way and is okay with hearing sensitive conversations around mental health.
- Passionate about supporting people affected by stroke.

## What the role can offer you personally:

- As an Online Activities volunteer, you will be part of creating a supportive online experience for stroke survivors and carers.
- You will have the opportunity to gain experience of working with people who have been affected by stroke, an understanding of the effects it has on them, and the challenges they face.
- The role is an opportunity to connect with and support people from across the UK whilst making a difference to their recovery.
- A chance to develop new skills with a UK wide charity, which can improve your CV and employability.
- Many Stroke Association volunteers feel like they are making a difference and giving something back.

## Training for this role:

We provide all of our volunteers with training, so they feel confident in the role and are able to give the best support to stroke survivors and carers. Our courses are accessed via an online learning system called Learn.

**Essential training** for the role is:

- The Stroke Association's People welcome session (2.5 hours online)
- GDPR (online module and factsheet)
- Safeguarding training (online module)
- Two weeks induction to shadow the facilitators, learn about the Zoom platform and meet our participants.

**Additional learning opportunities** are available to develop your skills and experience:

We have a range of other training and information available – if there is something you feel you would like to understand more about, or would like to gain confidence with, do let us know.

**We also offer ongoing support and expenses where appropriate.**

## Where and when you would volunteer:

You would be volunteering a minimum of one session per week on either a Tuesday or Friday between 2.00pm - 3.00pm.

The person to contact about this role is: Nicola Miller (Online Activities Manager):

**Email:** [nicola.miller@stroke.org.uk](mailto:nicola.miller@stroke.org.uk)

**Tel:** 07717 275 800

**Our vision** is for there to be fewer strokes, and for people affected by stroke to get the help they need to live the best life they can.

**Our core purpose** is to be the trusted voice of stroke survivors and their families. We want to drive better outcomes in stroke prevention, treatment and lifelong support for everyone affected by stroke.

**Volunteer and  
make a difference.**

Find out more about stroke, what we do and how you can help: **stroke.org.uk** or call our Stroke Helpline: **0303 3033 100**.