



Young Leader Volunteer

Role Description

Team: Scotland

Main contact: Catriona (Katie) Stewart

About Diabetes UK

As the UK's leading diabetes charity, our mission is that by bringing people together to work in partnership, we will support those living with diabetes, prevent Type 2 diabetes, make research breakthroughs in diabetes, and ultimately find a cure.

About the Young Leader role

We recognise that young people with Type 1 diabetes are the experts in their own lives and condition and the best people to identify and develop innovative solutions to gaps in support, services and information for young people living with Type 1 diabetes. If you believe this too and are keen to develop new skills and meet others with Type 1 diabetes – then this is the role for you. The project will run until August 2018.

The Young Leaders project is a great opportunity for you to meet others with Type 1 diabetes, share life experiences, support each other and be part of a project that raises awareness and develops information and campaigns for important issues affecting young people with Type 1 diabetes.

You will design and deliver project activities as a team at a weekend residential and workshops that reach out to other young people with Type 1 diabetes across Scotland, raising awareness and developing information, resources and activities. You will be supported to develop the skills you need to be successful in reaching out to other young people and develop skills and confidence to support your diabetes self-management, in a supportive and non-judgemental environment.

Main tasks and activities

- Being a part of the Young Leaders team, attending workshops and a weekend residential to develop transferable skills to plan and deliver project activities.
- Developing resources and campaigns to raise awareness of issues affecting and impacting young people with Type 1 diabetes, such as maintaining positive mental health and accessing psychological support.
- Leading activities to raise awareness about Type 1 diabetes and the differences between Type 1 and Type 2 diabetes.
- Informing Diabetes Scotland about what matters and is important to you.
- Feeding back regularly to support the development of the project.



About you

We are looking for young people who are:

- Between 16 and 25 years of age and have experience of living with Type 1 diabetes.
- Enthusiastic about working in a team and sharing your own thoughts and ideas.
- Passionate about raising awareness of diabetes.
- Committed to joining the Young Leaders project.
- Able to be a supportive and non-judgemental team member.
- The time commitment will vary each month, dependant on your personal schedule and the project schedule that the group agree on.

What Diabetes UK can offer you

- Be part of a team that will make a real difference to young people living with Type 1 diabetes in Scotland.
- The opportunity to meet and work with other young people with Type 1 diabetes.
- Training to support you to develop and deliver the project activities.
- Support from the Youth Development Officer to develop new skills and run the planned activities, support you in your role and answer any questions.
- The opportunity to develop team work, project planning, leadership, campaigning, event organisation and many more transferable skills to help you find future employment.
- References can be provided following the completion of the project.
- Reimbursement for reasonable and agreed expenses whilst carrying out your role.

How to apply and next steps

If you are interested in this role please complete the volunteer application form and send it to Katie via email at Catriona.Stewart@diabetes.org.uk or by post to:

Freepost RSAY – GUBH – JLXB
Diabetes Scotland
349 Bath Street
Glasgow
G2 4AA

We will invite successful applicants to an interview, by either telephone, Skype or in person – which ever suits you best, so that we can get to know each other a bit more and talk more about the Young Leaders Project.

Successful applicants will be required to apply for membership of the Protection of Vulnerable Group (PVG) scheme.