



**Alzheimer's
Research
UK**

The Power to Defeat Dementia



Volunteer
with us

Welcome



We love our volunteers. They're a vital force in our efforts to defeat dementia. Becoming a volunteer can take as much or as little time as you like. In this booklet you can find out about the many different volunteering teams. Whether you can spare a few minutes once in a while to give us valuable survey information, or a full day to help out at an event, there's a volunteer team waiting to welcome you.

Our promise to you

When you become an Alzheimer's Research UK volunteer, we will always treat you with respect, consideration and appreciation. We will listen to what you have to say and ask you what you think. We'll make sure you are always working in a friendly and encouraging atmosphere. And of course your health, safety and welfare are our top priority.

We'll be there to support you every step of the way, and we'll make sure you know exactly what you're doing. To keep you up to date with what's happening in our volunteering community, we'll send you our regular newsletter and we'll let you know how your work has made a difference.

What kind
of volunteer
could
you
be?

Decide which ones are the best fit for you, and then sign up on our volunteer microsite at www.alzheimersresearchuk.org/volunteer or email volunteer@alzheimersresearchuk.org for further enquiries.



Regional Fundraising Groups

Joining one of our established Regional Fundraising Groups, or helping set up a new one in your area, can be a hugely rewarding experience. It gives you the chance to meet like-minded people who may share some of your experiences, while supporting our work in a very special way.

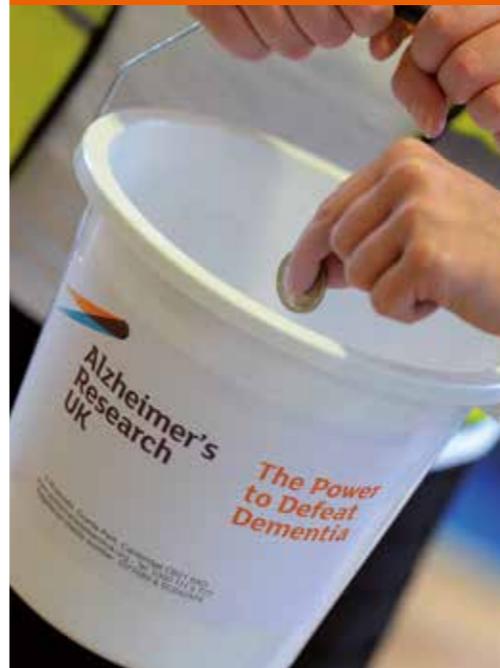
If you have a good knowledge of your local community (or just have some enthusiastic friends and family members) and a passion for the work of Alzheimer's Research UK, then you are just the person we are looking for to be part of our growing Groups network.

Our Groups are formed around three core members: a Group Lead, Banker and Administrator. Together, they raise awareness and funds within their local communities for crucial dementia research. Our ground-breaking research is carried out across the UK so, wherever you're based, you're never far away from a lab where a research project funded by Alzheimer's Research UK is taking place.



As a passionate member of a Regional Fundraising Group, you will probably be bursting with ideas for successful ways to fundraise. You might also represent the charity at cheque collections, be invited to share your reasons for supporting the charity with the media, or spread the word about our work by giving talks of your own. It's a varied role and you will get constant support from your fellow Group members. And of course our own volunteer team will back you up with advice and resources.

We assign every Group a dedicated contact person at the charity. He or she will be your first point of call when beginning a new event or project. We're always on hand to offer advice and answer any questions you may have.



Collection Crew

You could don your orange T-shirt and carry your collecting bucket at events across the UK, from Premier League football matches, to celebrity pantomimes and pop concerts. As well as gathering vital funds to support lifesaving research, you'll be helping raise public awareness of dementia.

Event Squad

We organise events throughout the year, from dinners and sporting events to parliamentary receptions. There are always simple but important tasks you can do to help the event run smoothly. You might be handing out refreshments to thirsty event participants, registering people as they arrive, running a stall, or showing the way so people don't get lost. Whatever your role, we'll be on hand to show you the ropes and to look after you.

Cheer Squad

You don't have to run a marathon to be part of one. You could join one of our cheer squads and give our runners or cyclists a vital boost when they need it most. Put on your orange Alzheimer's Research UK T-shirt and share your enthusiasm with fellow supporters at events across the UK, including the Ride London-Surrey cycle event, the Great North Run and many more.



After completing my PhD, which was funded by Alzheimer's Research UK, I wanted to give something back. I set up the London Fundraising Group to help raise funds for the charity and spread the word about the need for dementia research. Members volunteer at events throughout the year in the capital including cheering on the many runners who take on the London Marathon for Alzheimer's Research UK.

Matt Burke

Fancy doing your own fundraising event? How about running a coffee morning, a dance or quiz, or taking on a physical challenge like a run or doing a skydive? The choice is yours!



Media Volunteers

As one of our Media Volunteers, you could support us by giving interviews for print and broadcast media. You might be talking about your dementia experience to a national newspaper, or going to your local radio station to explain why you're supporting one of our events. If you're running the London Marathon for us, you might be interviewed and appear on national TV. And if social media is your thing, you could give us a quote to support one of our campaigns.

We're waiting to welcome you

Speakers

Volunteers who are willing to share why they support us or how their family has been affected by dementia are helping us to break down the stigma of this condition. As one of our Speakers, we may invite you to speak at a public event, such as the Alzheimer's Show or our Annual Supporters' Day.

Or you might be attending a cheque presentation on our behalf, to make sure our supporters feel appreciated. You may be asked to make a short speech and pose for a photo, but you can rest assured that we'll talk you through it all fully beforehand and give you everything that you need.

Media Volunteers and Speakers can overlap, with some of our volunteers choosing to support us as both. However you choose to help, we'll support you all the way and get you fully prepared. We'll never ask you to do anything you are uncomfortable with.



Campaigners

The UK Government has been leading the way internationally to support dementia research, and our policy team is working hard to make sure that dementia remains a public health priority. As a member of our Campaigner Network, you will have the opportunity to speak up for people with dementia and their families and help persuade government to do more. Urgent investment in research is needed. As a Campaigner, you will generate momentum by contacting or meeting your elected official, or even attending an event at Westminster.



I've been a volunteer for Alzheimer's Research UK since my mum was diagnosed with Alzheimer's disease in 2002. As a volunteer I have collected cheques on behalf of the charity, spoken at public events and even joined Sir Terry Pratchett when he delivered a major petition to Number 10. Volunteering for Alzheimer's Research UK means I'm doing my bit to defeat dementia and create a lasting legacy for my mother.

Viv Hill

When you become an Alzheimer's Research UK volunteer, you join a community of friendly, like-minded people who'll be glad to meet you.

Health Information Reviewers

We are committed to providing accurate, up-to-date and clear information about dementia. All of our health information is reviewed and updated every two years and is accredited by the NHS Information Standard. We are keen to make sure that our information has the right tone for people affected by or at risk of dementia. You can help us to maintain and develop our health information by becoming a Health Information Reviewer. It will only take a couple of hours of your time, but you'll be making a huge difference to us and the people we are helping.

|| Caring for a loved one with dementia is incredibly difficult and the situation can be overwhelming. Having expert reliable health information on hand is a lifeline and as a Health Information Reviewer I am doing my bit to help others.

Lee Pearse



E-Brigade

Do you live a hectic lifestyle? You can still help our mission to defeat dementia without leaving your home, and in just a few minutes, by joining our E-Brigade.

When we contact you for help, you will be able to do it on your computer, tablet or smartphone. We may ask you to complete a short survey so we can better understand the lives of people affected by dementia. You might even be the first to trial a new social media app, or other innovative ideas we're planning. Or you might be asked to sign e-petitions calling on government to step up its efforts in support of dementia science.

E-volunteering is the easiest and quickest way to make a big difference to our work. Take a look at these options:

Surveys

Our occasional web surveys are quick and easy to complete. We might ask you what type of research you think is most important, what you know about our campaigns, your opinions on our materials, or your views on what government should be doing for families affected by dementia. Sharing your honest views helps us make sure we're doing the best we can for people affected by dementia.

Personal questionnaires

It's no surprise that many of our supporters have personal experience of dementia. Often it's someone close to them. You can help us understand how dementia affects families by taking part in occasional questionnaires. We might ask you what you think about the way people perceive dementia, how easy it was to secure a diagnosis, or about particular symptoms or getting support. By filling in these short surveys, you give us a clearer picture of people's experiences of dementia in the UK.



Since my husband, James, was diagnosed with Alzheimer's disease in 2003 I've taken part in photo shoots for Alzheimer's Research UK as well as supporting my daughter, Deborah, from the side-lines in her fundraising efforts. In 2014 I plucked up the courage to complete a tandem paraglide to raise funds. I felt very proud.

Doreen Gatesman

How about volunteering with a friend? The more the merrier. You'll have fun new experiences together while playing a vital role in our work.

Office Volunteer

From time to time we have a fantastic range of volunteering opportunities at our head office in Cambridge, depending on different departments' needs and your availability.

Whether you're interested in helping out with office admin, event planning or project work, our HQ is a great place to gain new skills and experience in the charity sector.



Are you ready to join us?

For more information about our volunteering teams and to sign up, visit www.alzheimersresearchuk.org/volunteer. You can choose as few or as many opportunities as you wish. It's up to you. We'll only send you information about upcoming opportunities for the teams that you have selected. If an opportunity sounds good to you, then go for it! You'll be making a vital contribution towards defeating dementia.

We look forward to having you on board.

Please get in touch if you have any questions or want to know more. You'll find our contact details on the back cover.



Mum passed away with Alzheimer's disease in 2006 and since then I've done all I can to support Alzheimer's Research UK. As well as sharing my story with the press, I've helped out at bucket collections, opened the Big Walk and shared my views at focus groups.

**Chris
Drummond**

We genuinely value our volunteers and take the time to recognise each of their brilliant efforts.

Thank you for thinking about joining us - we really appreciate it.

Thanks for your interest in volunteering with us



We are the UK's leading research charity aiming to defeat dementia.

We power world class studies that give us the best chance of beating dementia sooner.

Our pioneering work focuses on prevention, treatment and cure.

We are energising a movement across society to support, fund and take part in dementia research.

We aim to empower people across all generations through greater understanding of dementia. Together we have the power to defeat dementia.

When you become an Alzheimer's Research UK volunteer, you are helping to achieve a world free from the fear, harm and heartbreak of dementia.

Registered charity numbers 1077089 and SC042474

Contact us



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