

## Volunteering with Alzheimer's Research UK

# Cheer Squad Volunteer

### Thank you!

Thank you for your interest in becoming a cheer squad volunteer. We would love you, your family and friends, to become exclusive members of our cheer squad team!

Our cheer squad volunteers are just as important to us as those taking part in the events – you don't have to be a marathon runner to make a difference. We need cheer squads for marathons, half marathons, 10k events, cycling events, triathlons, duathlons, Tough Mudders and more.

### What will a Cheer Squad Volunteer do?

Our cheer squads are based on the race route cheering and supporting all ARUK participants to drive them on to completing their challenge, while flying the Alzheimer's Research UK flag too.

Please specify on the application form if you would like to be considered for the role of Cheer Squad Team Leader. This role will also involve:

- Assisting the sourcing of a cheer point location.
- Distributing Merchandise.
- Ensuring your fellow cheer squad members are well informed.
- Responsibility for set up and take down of flags and banners.

### How much time will I have to commit?

For each event, all it takes is a few hours of your time to support our runners and riders. Becoming a **Cheer Team Leader** would involve committing time in the lead up to the event and being present at the event from start to finish.

### What we are looking for?

- Enthusiasm.
- A passion for the work of Alzheimer's Research UK.
- Commitment to be bold, loud and orange!

### What are the personal benefits?

As well as becoming part of a worldwide movement to defeat dementia, volunteering for ARUK can be a good way to:

- Gain insight into the charity sector and how sporting events are managed.
- Boost your CV for career development.
- Meet new people.

- Improve wellbeing.
- Help to spur on our runners and cyclists which is invaluable.

## What support will I receive?

You'll have a main contact within the ARUK Sporting team who will be able to provide information and answer any questions in the lead up to the event. They'll make sure you have everything you need to cheer our participants on – a banner, cheering sticks, balloons and an orange Alzheimer's Research UK t-shirt. The Cheer Team Leader will be on hand to support the cheer squad on the day. You'll also receive reimbursement of reasonable out-of-pocket expenses

## Why volunteer with us?

Our volunteers tell us that volunteering is fun and rewarding, and it helps them meet new people and have new experiences. But most importantly, it's their way to defeat dementia. Many of our volunteers have been affected in one way or another by dementia. Often, they've cared for a friend or family member with Alzheimer's disease. Volunteering for Alzheimer's Research UK is their way of being part of the community that is fighting back.

When you volunteer with Alzheimer's Research UK, you're helping us defeat dementia.

## Our promise to you

When you become an Alzheimer's Research UK volunteer, we'll always treat you with respect, consideration and appreciation. We'll listen to what you have to say and ask you what you think. We'll make sure you're 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 e-newsletters.

## What's the next step?

Fill in our initial enquiry or application form at

<https://www.alzheimersresearchuk.org/support-us/volunteering/cheer-squads/>

Events run throughout the year all over the UK, so please select an event from the drop-down menu that you'd like to cheer at. A member of the volunteering team will then give you a call or drop you an email to confirm your volunteering at an event near you.

## Further Information

Thank you again for your interest in becoming a volunteer in our cheer squad. If you have any further questions or suggestions, please do not hesitate to get in touch by calling the volunteering team on 0300 111 5 555 or emailing [volunteer@alzheimersresearchuk.org](mailto:volunteer@alzheimersresearchuk.org)