

Wheelchair Skills Trainer Volunteer

Role Description

Reports to: **Regional Outreach Team Leaders and Coordinators** (Courses Team or Volunteer Group Leaders whilst on courses)

At Back Up we understand that spinal cord injury can be devastating but we believe it needn't prevent anyone from getting the most out of life. Volunteering with Back Up is centred around our values: **We embrace challenge, we have fun, we build inclusive communities and we are ambitious for each other.**

Purpose

The aim of this role is to support people affected by spinal cord injury to increase in confidence and independence and live the life they want through the teaching of wheelchair skills.

Key tasks

To co-deliver wheelchair skills sessions at hospitals and on Back Up courses

- Carry out necessary planning and preparation for sessions
- Brief participants and buddies/spotters on safety points
- Teach skills in a fun and engaging way being mindful of safety, giving clear explanations, demonstrations and supporting participants to practice
- Tailor the training to individuals needs
- Promote inclusion of all participants in the skills sessions
- Share tips and techniques relevant to people with spinal cord injury
- Complete paperwork/reporting requirements (including incident forms)

To be a role model and Ambassador for Back Up

- To build confidence in people's own abilities
- To talk about all Back Up services (Mentoring, Outreach, Courses, Children & Young People services)
- Work with a wide range of people from all walks of life

The person

- Empathetic: patient, sensitive and considerate of others' needs.
- Rapport builder: establishes encouraging and supportive connections with individuals. Friendly, approachable and sociable.
- Strong communicator: excellent interpersonal skills including communication and listening & confident in speaking in front of a group.
- Inclusive: Helps individuals identify and exceed their own goals, able to consider different ways of teaching and doing wheelchair skills, responsible team player.
- Respectful: maintains confidentiality adhering to data protection, equal opportunities and safeguarding policies and procedures.
- Self-aware: can perform wheelchairs skills appropriate to their level of injury, assertive without being overbearing, able to use personal experience in a helpful way for others, organised, good time-keeper.

Experience and Knowledge

- Personal experience of living with spinal cord injury
- Previous Back Up course experience as a participant is desirable
- Sound knowledge of Back Up services, vision, mission and values

Time Commitment

- Attend 2-day initial training weekend
- Annual development and refresher session
- Teaching between 2 and 12 training sessions in hospitals per year
- Up to 5 days on a residential course leading sessions dedicated to wheelchair skills during the course

Support and opportunities provided

- Training will be given by attending a 2-day volunteer training course (usually over a weekend) to develop your skills to fulfil the role. Further development and training opportunities are offered annually.
- Agreed expenses paid by Back Up
- Support and guidance from Back Up Outreach Team, Courses Team and other Back Up staff as applicable
- The chance to work as part of a dynamic team and to have a real impact on people with spinal cord injury at an early stage and to link them in with a lifelong network of support.



Safer recruitment

Back Up has safer recruitment procedures in place to manage risk when volunteers are working with children, young people and/or vulnerable adults. This role is subject to a compulsory enhanced regional criminal records check and reference checks.

Healthcare settings may have their own volunteer onboarding processes to be completed prior to volunteering on behalf of Back Up.