



Volunteers at Steel Bones

Volunteers are the lifeblood of Steel Bones' life. We have key roles which our volunteers have helped with and made a positive impact on enabling amputee families to overcome the trauma of amputation.

We currently have 58 volunteers registered with us. 10 of the Volunteers are Family Mentors. 5 of the 58 volunteers have expressed a wish to become a Family Mentor.

AMPUTEE FAMILY MENTORS

Time required: up to 3 hours a week

Family Mentors are key to Steel Bones Community. They provide the amputee and their family with living hope that life can return as they know it. They are volunteers who get what they are going through and can provide that lived experience and comradery which gives hope the bad days will end.

Typical tasks include:

- Welcoming amputees and their families to the Steel Bones Community with a phone call
- Making phone calls of no more than 15-30 minutes to check in with the amputee and their family
- Providing a non-judgemental listening ear and working with them to create an action plan so problems can be tackled bit by bit.
- Help, advice, signposting on what is often a complex world of post amputation, particularly Post pandemic as Physio services are reduced and counselling waiting lists are huge
- Providing motivation and encouragement to get involved in Steel Bones and/or their local community's activities and events
- Sharing your knowledge and experience as a mum, dad, grandparent or carer, or amputee yourself
- Making Home Visits, meeting up for a coffee or walk in local park, whichever is appropriate and needed will be ascertained with Duty Safeguarding Manager
- Using the Steel Bones database to log communications
- Communicating with Operations Steering Group
- Communicating with Safeguarding Duty Manager any concerns or issues which may arise
- Participating in the 1 hour catch up zoom every month
- Participating in the 1 hour wellbeing group session every month

EVENTS VOLUNTEER

There are 6 National Events a year. The biggest are the Summer Celebration Day with 300 people attending and the Christmas Party with 100 attendees.

Events Volunteers support the Steel Bones Team in creating a warm, welcoming environment for our guests. All are given a role which suits their skills and will help run the event successfully. Events volunteers maintain a smiley attitude, engage with amputee families, encourage conversation and add to the fun, energetic vibe. Events Volunteers are supported by the Steel Bones Team to develop volunteers' skills and experience.

Typical tasks include:

- Welcoming and registering attendees
- Man stands and stalls to promote resources, information and engage with attendees
- Help with admin of fundraising activities e.g. a raffle or cake sale
- Setup, logistics, practical on-the-day support that make the events happen
- Photography, refreshments, parking, chill out zone etc
- Energising attendees; celebrating the contribution of attendees

PRESS AND MEDIA VOLUNTEER

Time required: 1 hour a week

We need someone who loves writing Press releases and experience of engaging with the media to actively build relationships with the Press.

Typical Tasks include:

- Regularly monitor press/media for relevant articles/posts etc and file.
- Updating the Press database
- drafting promotional copy and press releases
- Raising awareness of Steel Bones and representing Steel Bones in a positive light
- Assisting with general Press administration

TWITTER / INSTAGRAM VOLUNTEER

Time required: 2 hours a week across the week so around 20 minutes a day

We need someone who loves Twitter and Instagram, to help us engage affectively on these platforms.

Typical tasks include:

- Engaging with followers and the amputee community on Twitter, Instagram e.g. retweeting and commenting
- Creating post images for social media use
- Developing hashtags
- Scheduling engaging posts
- Looking at potential of a Tik Tok channel with Youth Committee
- Undergoing an enhanced DBS Check

SCHOOL WORKSHOP VOLUNTEER

Time Required: each school session is 3 hours. Pre Pandemic we ran up to 10 events a year, this is slowly building back up.

School Workshop Volunteers support the team in creating an energetic, engaging school workshop. The Workshop Leader (who is employee of Steel Bones) coordinates team and logistics, communicating Workshop info sheet with the volunteers.

Typical Tasks Include:

- Support the Workshop Leader in logistics and set up
- Be an Ambassador for Steel Bones armed with the latest information of current activities.
- Undergoing Enhanced DBS check
- Communicating and engaging with school children
- Public speaking
- Sharing experience as amputee when children ask questions such as: do you keep your prosthetic on at night? How does it feel when someone stares at you? How do you access shops? Does it hurt? All training will be given on these to ensure volunteers are fully prepared and to ensure the workshop leader knows which questions they are comfortable with.

COMMUNITY FUNDRAISING VOLUNTEER

Time Required: Activity dependent

Community Fundraising Volunteers support the team in creating fun, fundraising activities which involve the wider community.

Typical tasks include:

- Organising activities such as bingo or quiz night, cake sales, packing bags in supermarkets or bucket shakes. We always love to hear new ideas.
- Working part of a team
- Welcome guests and make them feel welcome. Supporting any necessary front of house duties and demonstrating good customer service skills
- Admin and set up needs
- Be an Ambassador for Steel Bones armed with the latest information of current activities