



Pain Concern Community Ambassador

Role Description and Person Specification

About Pain Concern:

Pain Concern is a charity providing information and support to people with pain and those who care for them, whether family, friends or healthcare professionals. Visit our [website](#) to find out more about what we do, including our [Airing Pain](#) radio programme, [Pain Matters](#) magazine, information helpline, community pain education sessions and our research and campaigning work.

All pain is unpleasant, but for the 7.8 million people in the UK living with long-term pain it is a part of everyday life. It diminishes quality of life more than any other condition, leading often to loss of work, depression and disability. Anyone at any age can develop persistent pain and you will very probably know somebody affected. Although there is usually no cure, people who receive the appropriate treatment, information and support can manage their condition effectively with life-changing results

Purpose of Volunteer Role

This role supports our aim in delivering pain education in our communities and providing access to high quality resources to those who may not have digital access. As an ambassador you will provide tailored information on pain management services available in the local health board area and Signpost to any other support services in the community.

Promote the concept of supported self-management as a recommended, effective intervention for chronic pain.

Help make a difference to people living with pain by providing a powerful platform to hear the views and experiences for the all too often, voiceless patients.

Due to the nature of the role, successful applicants will be required to undertake a PVG check.

What would you be doing:

- Have personal experience of chronic pain (e.g., a diagnosis or experience of supporting a family member or friend).
- Representing Pain Concern in a professional manner
- Build a network with local GP surgeries, NHS health board.
- Attend Pain Management groups (virtually or in person), to highlight long term support options.
- Making conversation with members of the public as appropriate, and answering questions about the charity's work.
- Signpost to helpline, Pain Concern information leaflets, Airing Pain etc
- Carry out research into community groups, local events and businesses in your

- area, so that you can contact them to attend fayres, exhibitions etc
- Attend cheque presentations and local events officially thanking donors and hosts for their support
 - Adhere to Pain Concern's policies and procedures at all times, including Safeguarding; Equality, Diversity and Inclusion; Health & Safety; Data Protection; Confidentiality;
 - Attend training and volunteer meetings
 - Keep your Volunteer Manager up to date on your activities, including the contacts you've made and talks that you've arranged.

Is this role right for me:

We are looking for an individual who possesses some or all of the below experiences, skills and qualities.

- Friendly, positive and outgoing personality
- Tenacity and enthusiasm for sourcing opportunities in your community
- Enthusiasm and interest in chronic pain and the work we do
- Good communication skills, including public speaking
- Strong organisational skills, and an ability to work on own initiative and be proactive
- Access to the Internet and confidence in using it
- A good local knowledge
- Flexibility

Availability and location

Minimum commitment of 6 months.

Minimum 2-3 hours per week.

By becoming one of our Community Ambassadors, you will travel in and around your geographical area to meet support groups and attend events and from our office at Newcraighall Road, Edinburgh EH15 3HS

Benefits to you:

- Experience volunteering as part of a friendly team
- Meet new people
- Build on your employability skills
- Training and a dedicated volunteer line manager looking after you
- A job reference after 6 months of volunteering.
- Satisfaction of giving a valuable service to the community
- On-site car parking
- Reasonable travel expenses will be reimbursed in accordance with our Volunteer Policy

How do I apply:

Download and complete an application form our website at <https://painconcern.org.uk/volunteer-for-pain-concern/>

For more information please contact hr@painconcern.org.uk