

WHAT TO EXPECT WHEN YOU VOLUNTEER ON A **TYPE 1** **SUMMER CAMP AS A GENERAL** **VOLUNTEER**

Volunteering at a Type 1 Summer Camp isn't just helping out – it's creating a life-changing experience for the children and young people involved. And it's fun for you too!

Take a look below to get a feel for what you can expect as a volunteer.

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

WHAT'S MY ROLE AS A GENERAL VOLUNTEER AT A SUMMER CAMP?

You'll be helping to support and supervise a group of around **six children or young people** who are all a similar age. You'll make sure they're safe and having a great time – whether they're in the middle of an activity, tucking into their dinner, or getting from A to B.

The age range of the children and young people at the camp is 11-15 years old.

Meanwhile, you'll help them to:

- Increase their knowledge and confidence living with type 1.
- Realise that having type 1 doesn't need to stop them from doing anything they want to do.
- Come away from the camp feeling positive about the future.
- And get to know other children and young people living with type 1 who know exactly what it's like – they might just end up with friends for life.

Don't worry, you won't be responsible for managing the children and young people's diabetes or medical care. There'll be a group of diabetes specialist healthcare professional (HCP) volunteers who'll take care of that – doctors, nurses and dietitians.

WHO WILL SUPPORT ME AT CAMP?

Before the camp, we'll pair you up with an experienced volunteer so you can talk to them about what volunteering on a camp is really like.

At the camp, there'll be other General Volunteers – many of whom have type 1 themselves or know someone who does. And lots of them have been to a camp before and have a huge amount of experience volunteering with us at Diabetes UK.

Throughout the camp, you'll be part of a team made up of:

- About **six children and young people** of a similar age.
- **A Team Leader** (an experienced general volunteer) – they'll support you and your team the whole way through.
- **A Team HCP** (a doctor or nurse) – they're responsible for the children and young people's diabetes management.

And to help make sure everything runs smoothly, there's also **a Lead team** onsite who'll always be on hand if you need any help. **The Lead team** is made up of:

- **A Project Lead** (a Diabetes UK staff member) and a **Lead Volunteer** (a very experienced volunteer) – they’ve worked together to plan and organise the camp. And during the camp, they’ll support all the children, young people and volunteers.
- **A Clinical Lead** (an experienced doctor or nurse) – they have lots of clinical experience and are responsible for supporting the other healthcare professionals with all things diabetes.
- **A Dietitian Team Leader** (an experienced dietitian) – they’re responsible for everything food and nutrition related.
- And at least **two other Diabetes UK staff members**. One staff member takes the lead on safeguarding – they’ll be available at all times for any volunteer, child, or parent to speak to.

So whether it’s answering a question, showing you where the next activity is, or just seeing a friendly face, there’ll always be someone around to help you.

WHAT ACTIVITIES WILL I BE DOING DURING THE CAMP?

The camps are action-packed and include activities like:

- Rock climbing and archery, led by qualified activity centre staff.
- Arts and crafts and drama workshops.
- As well as campfires, and team games.

So there’s **always something fun** going on. And while you’re supervising the children and young people, you’ll be able to get stuck in. But don’t worry, we won’t expect you to do any activities that you don’t want to do.

WILL I RECEIVE ANY TRAINING?

Absolutely. About six weeks before the camp, you’ll receive:

- **A Volunteer Handbook** packed with all the information you’ll need to help you prepare for volunteering with us.
- Access to **two online training modules** – a safeguarding module, and a module based on the Handbook. You’ll need to complete these at least two weeks before you arrive at the camp.

And before the children and young people arrive, you’ll take **part in face-to-face training** with all the other volunteers. It’ll cover topics like:

- The camp’s itinerary
- Health and safety
- Safeguarding
- Managing challenging behaviour
- As well as an overview of our guidance for diabetes management.

You'll also spend some time with the other volunteers in your team, so you know who you'll be working with during the camp.

WHAT'S THE TIME COMMITMENT?

It's really important that the children and young people are able to build solid, trusting relationships with volunteers and feel supported throughout the whole week. This means every minute counts. So we ask that you commit to volunteering for the full duration of the camp.

Volunteers arrive: Saturday by 11.30am. You can stay over at the centre the night before if you'd like to.

Children and young people arrive: Sunday, in the morning.

Children and young people depart: Wednesday, after lunch.

Volunteers depart: Wednesday, after lunch.

WHAT SHOULD I BRING WITH ME?

Camp life is pretty full-on. There are **indoor and outdoor activities**, so you'll need clothes for every eventuality. Think raincoats, outdoor trainers or walking boots, and clothes that you won't mind getting muddy. You'll also need a backpack for your layers and the hypo treatments we'll supply. There'll be a full suggested packing list in your Volunteer Handbook.

WHERE DO I SLEEP AND WHAT WILL I EAT?

The camp takes place at a **residential activity centre**. You'll share an en-suite room with at least one other volunteer of the same sex. We understand people would often prefer their own rooms, but this isn't possible at our camps. Sharing rooms not only helps us to keep our costs down – it's also an important part of our safeguarding procedures. Your **bedding will be provided**, but you'll need to bring your own towels and toiletries.

All meals, snacks and hypo treatments are provided. There's so much food, you'll never go hungry! All the meals are balanced, and all dietary requirements can be catered for if you tell us in advance.

WILL YOU PAY FOR MY TRAVEL TO AND FROM THE CAMP?

Definitely. You'll need to make your own way to and from the camp, but we'll always cover any reasonable travel expenses.

To help keep our costs down, if you're travelling by train, it'd be great if you could book your tickets well in advance. And if it's easier, we can make the booking for you – just ask.

I STILL HAVE QUESTIONS. WHO DO I CONTACT?

If you still have questions or you'd like to know more, we'd love to hear from you. Please email type1events@diabetes.org.uk or call **0345 123 2399** between **9am and 6pm, Monday to Friday.**