

WHAT TO EXPECT WHEN YOU VOLUNTEER AT A **TYPE 1** **SUMMER CAMP** AS A **HEALTHCARE PROFESSIONAL**

Volunteering at a Type 1 Camp isn't just helping out – it's about creating a unique experience for the children and young people involved.

You'll be enhancing your professional practice by stepping away from clinic and gaining a unique understanding of what it's like to live with type 1. As well as learning more about the daily management of type 1, and seeing first-hand how your advice has a life-changing impact.

Our camps couldn't happen without healthcare professionals like you who volunteer their time and expertise.

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 HEALTHCARE PROFESSIONAL (HCP) VOLUNTEER?

During the camp, you'll be part of a HCP team made up of doctors, nurses and dietitians. You'll be supporting the children and young people with their diabetes management – from insulin dose adjustments, to carbohydrate counting, to mental wellbeing.

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

Your role is key to helping the children and young people to increase their confidence and knowledge about managing their type 1 – and to leave feeling positive about the future. And when you aren't busy with clinical care, you'll be able to join in with all the fun activities.

You'll be on duty during the day, but each night an overnight team will take over clinical care – so you can get some rest ready for the next day!

If you're a doctor or nurse

You'll be assigned to a team who you'll be with for the whole camp. The team will be made up of:

- Up to **six children or young people** of a similar age. Before the camp you'll know the models and number of pumps or continuous glucose monitors in your team. And when you get to the camp, you'll have lots more information about their diabetes regime.
- **A Team Leader** – an experienced lay volunteer.
- And at **least one other lay volunteer** – many of whom have type 1, or have a family member who does.

As the **Team HCP**, with support from the Clinical Lead, you'll be responsible for helping the children and young people in your team **with their diabetes management** – including making dose adjustments, supervising injections and set changes, and treating hypos. And with the other volunteers in your team, you'll work together to make sure the children and young people are safe and having a great time, as well as joining in yourself.

If you're a dietitian

At mealtimes, you'll be responsible for supporting the children and young people **with carb counting** and making sure their **dietary requirements are met**. There'll always be a copy of Carbs & Cals to hand.

You'll also run some **fun educational sessions** about how to carb count and what a healthy meal looks like. And outside of mealtimes and these dietitian sessions, you'll join a team of children or young people while they do their activities – so you can get involved with the fun too

WHO WILL SUPPORT ME AT THE CAMP?

Before the camp, we'll pair you up with an experienced volunteer in the same profession as you – so you can talk to them about what it's like to volunteer at a Type 1 Event in a professional capacity.

To help make sure everyone's supported and the camp runs smoothly, there's a **Lead team onsite** who'll always be on hand if you have any questions or need any help. **The Lead team** is made up of:

- **A Clinical Lead** (an experienced doctor or nurse), who's responsible for all things diabetes and has lots of clinical experience. They're there to support all the HCPs.
- **A Dietitian Team Leader** (an experienced dietitian volunteer), who's responsible for everything food and nutrition related. They're there to support the other dietitians.
- **A Project Lead** (a Diabetes UK staff member) and **a Lead Volunteer** (a very experienced lay volunteer), who have worked together to plan and organise the camp. During the camp, they'll support all the children, young people, and volunteers.
- 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 or child to speak to.

The Clinical Lead and Dietitian Team Leader roles are allocated depending on the volunteer's previous experience – and they've often volunteered before. So don't worry, you'd never be assigned a Lead team role unless we'd spoken to you first. And you'd always be able to say no.

If you have any questions about what your role will involve or how you'll be supported and would like to speak to the Clinical Lead or Dietitian Team Leader before the camp, we can arrange a call for you.

And don't forget, throughout the camp, you'll be surrounded by a team of fantastic HCPs who'll be nearby if you want to double check a dose adjustment or the carb value of a meal.

WHAT HAPPENS AT THE CAMP?

The camps are action-packed and include activities like:

- rock climbing or archery, which are 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 alongside them. But don't worry, we won't

expect you to do any activities that you don't want to do. Around two weeks before the camp, you'll receive a full programme which will include the exact timings and activities.

WILL I RECEIVE ANY TRAINING?

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

- Our **Clinical Governance Framework**, which contains information and guidance about managing children and young people's diabetes on Diabetes UK events.
- **A Volunteer Handbook** packed with all the information you'll need to help you prepare for volunteering at a Type 1 Summer Camp.
- 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.

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
- and managing challenging behaviour.

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

The Clinical Lead will also facilitate an **in-depth session for all HCP volunteers** about our guidelines for diabetes management and answer any questions you have.

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 WEAR?

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 treatment 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 soft drinks 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.

WHO COVERS MY PROFESSIONAL INSURANCE?

All registered HCPs who volunteer on our camps are covered by Diabetes UK's medical malpractice insurance. We'll send you a copy of the policy document with the Volunteer Handbook.

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**.

You can also [visit our website](#) to hear from Nusrat, an experienced dietitian volunteer, about how she found volunteering at a camp.