

Volunteer Wheelchair Skills Trainer Role Description

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

Purpose

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

Our values

Volunteering with Back Up, as with everything we do, takes place in the context of our values:

- We embrace challenge
- We have fun
- We build inclusive communities
- We are ambitious for each other

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 accident 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

- Able to perform wheelchair skills appropriate to their level of injury
- Able to empathise with others – patient, sensitive and considerate
- Encouraging, supportive and perceptive - able to identify the needs of others, help individuals identify, achieve and exceed their own goals
- Excellent interpersonal skills including communication and listening
- Friendly, approachable and sociable with a good sense of humour
- Assertive without being overbearing. Able to speak confidently in front of a group
- A confident and responsible team player
- A good problem solver – ability to consider different ways of teaching and doing wheelchair skills
- Organised – planning sessions and good time keeping
- Able to use personal experience in a helpful way for others
- Respectful and able to keep information confidential
- Understanding of equal opportunities, confidentiality and data protection

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 3-day initial training weekend
- Annual development and refresher 1 day session
- Teaching between 2 and 12 training sessions in hospitals per year
- Up to 5 days on a residential course leading 5 sessions during the course

Support and opportunities provided

- Training will be given by attending a 3 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.

Other information

Back Up has safer recruitment procedures in place to manage risk when staff and volunteers are working with children, young people and vulnerable adults. This role is subject to an enhanced DBS check and reference checks.