

Resource

## Why volunteer?

As an NRAS volunteer, you'll be part of our dedicated team, committed to improving the lives of those living with RA and JIA.

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## What do Volunteers do?

The NRAS Volunteer Network is made up of volunteers throughout the UK. Many of our volunteers live with Rheumatoid Arthritis or JIA themselves. Others may have been affected by these conditions

in some way- perhaps a family member, friend or loved one, lives with RA or JIA. Some of our volunteers have a skill or expertise that they can offer the community to improve wellbeing or fitness for example. Others just want to make a difference.

Whatever your motivation, we want your volunteer journey at NRAS to be fulfilling and enjoyable.

Our volunteers participate in many different activities and we have a variety of roles to choose from.

Volunteering can mean a one-off activity, a short-term project or a long-term commitment – whatever suits you best.

Here are just some of the ways you can get involved:

- Offer telephone support by being one of our Telephone Peer Support Volunteers – Our telephone peer support volunteers use their own experience of living with RA or Adult JIA to connect with others, reassure and empathise.
- Join our network of Patient Views Representatives – would you like to use your experience of living with RA or JIA to help make improvements in the patient experience, treatments and services? To help develop new ideas and ensure the patient voice is heard? Our PVRs are at the heart of all we do, participating in focus groups, research, evidence gathering, publication reviews and much more.
- Be one of our local group leaders – host an NRAS group in your local area to bring people together who are living with RA or JIA, to chat and share experiences or even organise for speakers to come along to share practical tips and advice with the group.
- Be one of our Digital Group Leaders – bring people together across the UK with an online group for peer support, information sharing and hints and tips. Are you passionate about exercise, wellbeing, getting back into work for example and would like to meet likeminded people or empower and motivate others living with RA or JIA?
- Share your story to help others – volunteering doesn't always mean committing to a long term project or role. Simply sharing your story of living with RA or JIA can be hugely impactful. This can be an article in our members magazine, a short video for our website or a 30 second social media reel. Get in touch for more information.
- Help us raise awareness of RA and JIA on our social media platforms – if you like to create videos and content for social media and think you can help us, get in touch! Even sharing, liking and commenting on our posts ensures our message travels far and wide. It is a type of volunteering that can easily fit into busy schedules and yet , so could this be for you?
- Initiate local fundraising for NRAS – There are many different ways to get involved from taking part in a local or even National event, to setting up a bake sale or coffee morning, collecting donations in the local community. Do something you enjoy and raise vital funds for the RA and JIA community.
- Help us with our day-to-day operations – whether you just want to lend a hand, share your expertise or gain some valuable work experience, we have plenty of different departments who may need your help including our Data Team, Information and Support Team or Office management.

Still interested? Click below to apply or contact us at [volunteers@nras.org.uk](mailto:volunteers@nras.org.uk).

[Apply for a volunteering role](#)

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