



ROS Community Advocate Network

What is the purpose of the Network?

At the ROS, we want to help ensure that osteoporosis care, support and research led by the ROS as well as the wider community, reflects the needs and realities of those with lived experience of osteoporosis.

We are setting up a new network of ROS Community Advocates, individuals who are willing to share their experience of living with osteoporosis, either as someone directly affected by the condition or as a family member, carer or friend. We want the network to be as broad and diverse as possible, including people from all backgrounds and all parts of the UK which will to support our work and help us reach our vision of a future without osteoporosis.

When opportunities come up, we will contact the Network to ask whether anyone would be willing to help us. This means that as a member of the Network, you can follow up activities that suit your availability and interest and the ROS is able to reach individuals with the broadest range of lived experience.

What will the role involve?

The volunteer tasks that will be offered to the network will vary and be irregular in nature. Whether or not you decided to become a volunteer for any particular task will be your choice at the time the request is made and be dependent on your interests, particular experience of osteoporosis and availability.

The requests from the ROS may include:

- Contributing to research projects, to make sure they reflect the lived reality of people living with or affected by osteoporosis.
- Supporting the ROS by sharing your experience with the condition to help promote our initiatives and campaigns, for example by talking to the media, participating in videos and by contributing quotes or articles.
- Supporting the ROS by helping with our public affairs work, for example by sharing your story with Members of Parliament or other influential people.
- Supporting the ROS to present the patients' voice by speaking at healthcare professional events - to help them understand the impact of living with osteoporosis.
- Responding to specific requests from the ROS to support work by bringing in lived experience to areas like website content, product development, publications and so on – some of these

	<p>requests will be suitable for everyone, others requiring very specific lived experience.</p> <p>This is a new initiative and new network, requests are initially anticipated to be limited, however over time the range and level of requests is anticipated to grow as we build our profile as a charity more widely. Don't worry if you haven't got specific experience doing these kind of tasks – support and training will be available.</p> <p>When you offer to volunteer for a particular task, as with all our staff and volunteers, we ask that you always represent and uphold the good name of the charity – inspiring people to support us. At that time, we will also ask that you agree to adhere to all relevant Charity policies and procedures.</p>
What time commitment is needed?	<p>Being a ROS Community Advocate requires no time commitment in itself – when tasks are needed, we will put a request out to people in the network and if you are interested you can offer to volunteer at that point. Not all tasks will be suitable for all members of the network – for example, some may require people living in a specific area, or with a particular lived experience of living with osteoporosis. We will let you know what time commitment is involved when we make the request.</p>
Who are we looking for?	<p>We are looking for people who are willing to share their own experiences of living with the condition or those connected with it as a family member, friend or carer. No specific knowledge or skills are required to join the network; it is possible that some tasks will have more specific requirements, but we will make that clear when making the request for volunteers. We will communicate with you electronically, so access to a computer is important, and familiarity with email, Microsoft Word and online communication tools would be an advantage for some tasks.</p>
How will we support you?	<p>The person who will support you in the Network and be your first point of contact will be:</p> <p>Fiona Cooper – Volunteer Engagement Coordinator Fiona.cooper@theros.org.uk Tel: 01761 473112</p> <p>We will ensure we keep you up to date with what the other Community Advocates and the wider volunteer community have been doing by providing updates on the Members' Portal. We will also organise an annual online event for network members which you can participate in if you wish. Those who decide to volunteer more formally, will receive the regular volunteer newsletter.</p> <p>Whilst no specific training is required to join the network, we will provide you with training and support when you volunteer for specific tasks as well as invite you to the annual online event for network members.</p>

	<p>Travel expenses: If you volunteer for a particular task as a result of joining the network, we will ensure that you are not out of pocket as a result of volunteering for the ROS. All out of pocket expenses, in line with the ROS Travel and Subsistence Policy (and as agreed with your staff contact in advance) will be refunded.</p>
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