

Volunteering in Lupus Ontario

©2017 Tarra Thompson and Cathy Ferren RHN
Ridgetown, Chatham-Kent, Bothwell
And Huntsville Lupus Support Groups

Your Association

- Lupus Ontario is a volunteer organization, a not for profit association.
- LO can only succeed if we as members and interested parties volunteer and do the work that needs to be done.
- The association is only as strong and successful as each of us volunteers.
- It is not the staffs job to do everything, it is us as members.

Who We Are

- Hi, welcome to the volunteering in Lupus Ontario webinar.
- My name is Tarra and I volunteer with Lupus Ontario because my son has lupus.
- My name is Cathy and I volunteer with Lupus Ontario to improve my life with lupus and the lives of others with lupus.

Time Commitments

- You make the choice about how much time you can give to your association.
- It can be 1 hour a month or more.
- It is important to balance your life, family, symptoms and volunteering.
- Pacing yourself helps prevent flares.

Points to Consider

- How much time can you volunteer with Lupus Ontario and in what areas of expertise?
 - 2 hours per week
 - 2 hours per month at Lupus Ontario Markham office
 - 2 hours per month from home, ex. computer input, typing, email campaign, facebook, twitter, other social media, etc.

Points to Consider

- How much time or talent continued?
 - More than 2 hours per month, specify maximum time _____
 - Attending fundraising events in your geographic area
 - Be a lupus walk coordinator
 - Be a support group facilitator
 - Be a support centre contact

Points to Consider

- How much time or talent continued?
 - Have facilitation training
 - Have Lupus Ontario facilitator training
 - Take telephone support calls or respond to email support requests
 - Facilitate monthly support conference calls, 10 per year, can be shared
 - Board of directors, minimum 20 hours per month

Points to Consider

- How much time or talent continued?
 - Give 10 to 20 minute lupus talk to service clubs, schools, churches, colleges, etc. in your geographic area either alone or in a team of 2 people
 - Do newspaper, radio or tv interviews about LO and lupus issues
 - Write articles for newsletter in your area of expertise, on living with lupus, our volunteers, clinic news, research news, events

Points to Consider

- How much time or talent continued?
 - Write handouts and worksheets for lupus patients, family members and caregivers
 - Prepare videos for website, Facebook, Youtube and/or webinars
 - Prepare MS PowerPoint presentations for self or others, add captioning, add audio, etc. to existing presentations and handouts

Points to Consider

- How much time or talent continued?
 - Knowledge in meeting AODA - Accessibility for Ontarians with Disabilities Act requirements, particularly related to web site, handouts, training, presentations, etc.
 - Knowledge or experience in grant writing and evaluation, ex. Trillium Grants, Research Grants, other funding grants

Points to Consider

- How much time or talent continued?
 - help with computers and projection equipment at events, AGM, trainings, Doc Talks, Lupus Info Days, service club presentations, support groups, fundraising events, etc. in your area
 - help with web site maintenance, requires a computer and internet access
 - Have experience and/or training in public speaking

Budget and Finance

- Do you have training and/or experience in budgeting and finance?
 - Yes, no
 - Some,
 - Willing to learn
 - Have experience with MS Excel
 - Have experience with QuickBooks
 - Have a computer with MS Word and MS Excel

Budget and Finance

- Do you have training and/or experience in budgeting and finance?
 - Have internet access
 - Have financial training in bookkeeping, accounting or financial forecasting
 - Have experience in finance in or budgeting for non profit sector

Budget and Finance

- Do you have training and/or experience in budgeting and finance?
 - Would consider serving as treasurer for Lupus Ontario
 - Would consider serving as treasurer for a lupus walk coordinator

Fundraising

- Do you have experience in fundraising?
 - Yes, No
 - Walks or runs
 - Fundraising sales, ex. Avon, Regal, Little Ceasar's pizza kits, chocolate bars, other food items
 - Fundraising sales, ex. art, crafts, jewellery, knit/crochet items, calendars, art note cards, paintings, books or ebooks, T-shirts, sweat shirts, hats, etc.

Fundraising

- Do you have experience in fundraising?
 - Fundraising garage sales, bake sales, yard sales, quarter auctions, etc.
 - Fundraising draws, soliciting prizes and sponsors, 50/50 draws, etc.
 - Fundraising events, dinners, carnivals, comedy, bowling, etc.
 - fundraising through points programs, coupons, Nevada tickets

Governance

- Do you have experience in governance, other board of directors, policy, etc.?
 - Yes, No
 - Have previously served on Lupus Ontario board of directors
 - Have previously served on Lupus Ontario board executive
 - Have served on a not for profit board of directors
 - Have served as president of a not for profit

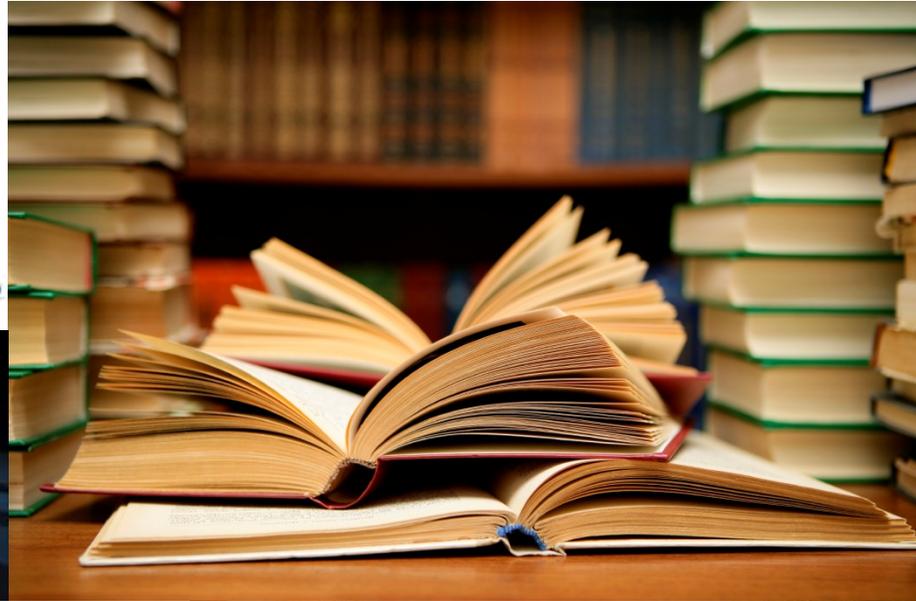
Governance

- Do you have experience in governance, other board of directors, policy, etc.?
 - Have served on not for profit committees, councils, groups
 - Have written policy and guidelines for a not for profit or other organization
 - Have experience managing staff
 - Have experience managing volunteers

Opportunities

- Do you have an hour to give to your association to improve life with lupus?
- Volunteers make or break the organization
- If you would like to talk to someone about volunteering, contact either:
 - Tarra at tarraandjedmarvin11@gmail.com or
 - Juanita at head office at jbutler@lupusontario.org

You Are a Resource For Others



What's In It For You

- **Volunteering** is a great way to raise your self esteem, impress employers, organizations, give back to your community and develop crucial skills. You can make a difference!
- **Volunteering** will help you gain experience employers and organizations are looking for, meet new people that can help with your career goals, increase your social life, or help network.
- **Know you are valued and appreciated!**