

# Post-Race Squad



**Availability/hours:** weekends – from two to five hours

**Location:** across the UK

## Background

Every three minutes someone in the UK develops dementia – and too often, families are left to cope alone. That is where Dementia UK – the specialist dementia nursing charity – comes in. Our nurses, known as Admiral Nurses, provide free, expert advice and support to families affected by all forms of dementia.

## About the role

Every year, hundreds of runners and cyclists take part in challenge events in aid of Dementia UK. You will join Dementia UK staff and volunteers at our post-race locations to congratulate our amazing runners and cyclists. This will include:

- helping take photos of racers holding their well-deserved medal
- if a Massage Therapist is present, helping us keep track of who is next in line
- handing out refreshments
- meeting participants' family members and friends who have come to congratulate their loved ones – they may want to talk about their experiences with dementia and explain why the person has taken on their challenge for Dementia UK
- talking about Dementia UK and our dementia specialist Admiral Nurse services to anyone who would like to know more – we will offer guidance on this

## About the team

Dementia UK has a dedicated Events Team that manages our third-party events. We recruit and support people who have chosen to take on a physical challenge to support Dementia UK.

## Benefits of volunteering

- Gain new skills
- Expand your network of like-minded people
- Give back to a cause you care about
- Be part of a community

## Skills/experience

No experience necessary: we just ask that you are enthusiastic and enjoy meeting and talking to new people. Please note you will need access to a car or good transport links, and will be required to stand for long periods of time.

Please email [events@dementiauk.org](mailto:events@dementiauk.org) to express your interest or for more information.