



Vacancy: Micro-volunteering

Role Description

About Pain Concern

Pain Concern is a charity providing information and support to people with pain and those who care for them, whether family, friends or healthcare professionals. Visit our [website](#) to find out more about what we do, including our [Airing Pain](#) radio programme, [Pain Matters](#) magazine, information helpline, community pain education sessions and our research and campaigning work.

All pain is unpleasant, but for the 7.8 million people in the UK living with long-term pain it is a part of everyday life. It diminishes quality of life more than any other condition, leading often to loss of work, depression and disability. Anyone at any age can develop persistent pain and you will very probably know somebody affected. Although there is usually no cure, people who receive the appropriate treatment, information and support can manage their condition effectively with life-changing results

Role purpose

Want to support Pain Concern and improve the lives of people with chronic pain but don't have loads of time or energy? Micro-volunteering is perfect for you! It's flexible, easy, and yes... you can do it in your PJs!

"I volunteer because it gives me a sense of purpose and allows me to help other people in chronic pain" Glenn, Fundraising Volunteer

No special skills needed—just your enthusiasm. Here are some quick ways to help:

What you would be doing

- Share our posts on your socials
- Tell friends & family about what we do
- Join a fundraising activity (big or small!)



- Listen to our podcasts & give feedback
- Cheer on local fundraisers
- Subscribe to *Pain Matters* magazine
- Sign up for our newsletter
- Distribute our resources in your local area

Availability and location

- No minimum requirement of hours
- Volunteer from your own location

Benefits to you

- Experience volunteering as part of a friendly team
- Meet new people
- Build on your employability skills
- Satisfaction of giving a valuable service to the community

Ready to start?

- Email hr@painconcern.org.uk or call 0300 102 0162