

VOLUNTEER FOR GOELIAC UK

You can help change the world for people
who need to live without gluten



coeliac.uk
live well **gluten free**



Coeliac UK has over **1,000** volunteers who play a crucial role in supporting our gluten free community. We have a range of ways to get involved by helping others, and it needn't take up lots of time.

Why volunteer with Coeliac UK?

Volunteering with Coeliac UK can offer a range of benefits. It can be a great chance to:

- meet new people
- build confidence
- try something new
- make a difference to your community
- have fun!



Throughout your role you will be supported by our Volunteering team, who will provide you with information, advice, training updates and guidance.

How do I get involved?

If you're passionate about helping people, want to meet others who understand gluten free living, want to make meaningful change, or just want to gain new skills then we have a role for you. Check out some of our opportunities and get in touch – each role has its own application process. Once you have applied, the Volunteering team will be in touch.

VOLUNTEERING OPPORTUNITIES

Local groups

Our amazing local groups span the length and breadth of the UK and offer a range of roles in your local community. As part of a group you can support people living gluten free locally through events, fundraising and raising awareness. The groups also offer a great opportunity to meet and learn from others, share experiences and eat lots of delicious gluten free food!

Member2Member

Living gluten free isn't always easy, so our peer support scheme Member2Member is here for anyone who needs one to one help. We connect our more experienced members with those who are newly diagnosed or struggling to adapt to a gluten free diet. Find out more at coeliac.org.uk/member2member.

Campaigning

Creating change is at the heart of Coeliac UK's mission, and you can help. There are still half a million people with undiagnosed coeliac disease in the UK, so spreading the word can help find them and put an end to their unexplained symptoms. We also need to improve gluten free provision so that everyone can buy gluten free on a daily basis, wherever they are. Visit coeliac.org.uk/campaigns.

There are lots of other volunteering roles, including ways to help with research, photography and videography, events and more. Visit coeliac.org.uk/volunteer for more information.

COELIAC UK IS THE CHARITY FOR EVERYONE WHO NEEDS TO LIVE WITHOUT GLUTEN.

We provide independent, trustworthy advice and support, strive for better gluten free food in more places and vital research so that people can live well, gluten free.



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