

**LUPUS**  
**ONTARIO**  
Life Without Lupus



# **Volunteering in Lupus Ontario**

# Your Association

- Lupus Ontario is a volunteer organization, a registered charity.
- 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.
- We only have 2 staff members and we need your help to achieve our mission.

# 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.
- We are the Volunteer Committee for LO.

# 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.
- Even an hour or two can make a big difference.
- It is important to balance your life, family, symptoms and volunteering.
- If you are a lupus patient, 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, phone calls, etc.

# We Need Help in Many Areas

- Patient Support and Education
- Family & Caregiver Support and Education
- Raise Awareness
- Fundraising
- Administrative Help
- Board Directors
- Social Media

# We Need Help in Many Areas

- **Patient Support and Education**
  - Have facilitation training from work or other volunteering
  - 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

# We Need Help in Many Areas

- **Raise Awareness**

- 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



# We Need Help in Many Areas

- **Raise Awareness (cont'd)**
  - 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

# We Need Help in Many Areas

- **Raise Awareness (Cont'd)**

- 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

# We Need Help in Many Areas

- **Raise Awareness (Cont'd)**
  - Knowledge in meeting AODA - Accessibility for Ontarians with Disabilities Act requirements, particularly related to web site, handouts, training, presentations, etc.

# We Need Help in Many Areas

- **Administrative Support**

- Do you have training and/or experience with MS Excel, WORD, or Powerpoint? Are you willing to learn?
- We need help updating contact and tracking spreadsheets, writing letters, developing presentations to support our activities

# We Need Help in Many Areas

- **Fundraising**

- Yes, No
- Walks or runs
- On-line fundraising campaigns
- 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.

# We Need Help in Many Areas

- **Fundraising (cont'd)**

- 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

# We Need Help in Many Areas

- **Fundraising (cont'd)**
  - Knowledge or experience in grant writing and evaluation, ex. Trillium Grants, Research Grants, other funding grants

# We Need Help in Many Areas

- **Board of Directors**

- Lupus Ontario is looking for people from all over Ontario volunteer to join the Board of Directors.
- We are looking for the following areas of expertise:
  - Governance
  - Finance
  - Fundraising
  - Public Relations and Media
  - Volunteer Management



# We Need Help in Many Areas

- **Board of Directors (Cont'd)**
- Do you have experience in governance, other board of directors, policy, etc.?
  - Yes, No
  - Have you previously served on Lupus Ontario board of directors
  - Have you previously served on Lupus Ontario board executive
  - Have you served on a not for profit board of directors
  - Have you served as president of a not for profit
  - Do you have business experience in one of the areas on the previous slide?

# We Need Help in Many Areas

- **Board of Directors (Cont'd)**
- Do you have experience in governance, other boards 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](mailto:tarraandjedmarvin11@gmail.com) or
  - Juanita at head office at [jbutler@lupusontario.org](mailto:jbutler@lupusontario.org)



# You=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!**