

Role	Micro Volunteer
Location	Anywhere within the UK
Time commitment	Variable

Make a big difference in small ways

About the role

Would you like to support PSPA but can't commit to a regular volunteering role? Becoming a **Micro Volunteer** could be perfect for you!

Micro Volunteering means helping **as and when you can** — at one-off events, short-term projects or small tasks that fit around your lifestyle. Whether you have **an hour a day or a day a year**, your contribution will help us continue supporting people living with **PSP (Progressive Supranuclear Palsy)** and **CBD (Corticobasal Degeneration)**, as well as their families and friends.

What could be involved?

- ***Cheer Point Helper*** - Cheering on PSPA fundraisers at events like the **London Marathon** or **Great North Run**.
- ***Volunteer Champion*** - Representing PSPA at community fundraising events — talking about our services, collecting donations and raising awareness.
- ***Events*** - Helping at events such as **Family and Friends Day** or **Volunteer Development Day**.

What we're looking for:

- Enthusiasm and a willingness to get involved and represent PSPA.
- A passion for helping others when you can.

What you'll gain

- The chance to connect with the wider PSPA community.
- Opportunities to learn new skills, have fun and be part of something meaningful.

Interested?

Please contact the volunteering team on 01327 368597 or volunteering@pspassociation.org.uk