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| **Name:** |  |
| **Address:** |  |
| **Contact phone number:** |  |
| **Email:** |  |

**Which volunteer role(s) are you interested in?** *(please tick to confirm)*

Support Group Co-Facilitator (online)

Support Group Co-Facilitator (in-person)

Fundraising Assistant

Events Assistant

**For many of our volunteering roles, we ask that you have lived experience of bipolar.** *Please tick to confirm which of the options below applies to you:*

I have a diagnosis of bipolar

My partner has bipolar

My family member has bipolar

Please tell us your relationship to them:

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|  |

A friend/colleague has bipolar

Please tell us how you know/support them:

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**Please tell us why you would like to volunteer with Bipolar UK:**

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**Please tell us a bit about your understanding of bipolar:**

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**Do you feel confident using basic IT programmes, Zoom and Microsoft Office?**

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**Please tell us about any skills and experience that would help you in your volunteer role with reference to the role description. This could be from paid or voluntary work or from life experiences.**

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**If you’re applying to become a support group co-facilitator, please tell us which support group you would like to volunteer with. You can find your nearest support group here:** [**www.bipolaruk.org/peer-support-groups**](http://www.bipolaruk.org/peer-support-groups)

**If you haven’t yet attended a support group, you will be asked to do so as part of the volunteering induction process.**

**Support Group / locality I am interested in:**

**All volunteers are subject to a DBS disclosure.**

I understand that all volunteering roles are subject to a DBS check *(please tick to confirm)*

**For information about how Bipolar UK manage your personal information, please refer to** [**https://www.bipolaruk.org/privacy-notice**](https://www.bipolaruk.org/privacy-notice)

**How did you hear about volunteering with Bipolar UK?**

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**Please provide contact details for two referees:**

Please note that we cannot accept referees who are family members or from anyone with whom you share a romantic relationship.

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| **Referee 1 Name:** |  |
| **Address:** |  |
| **Email:** |  |
| **Relationship to you:** |  |
| **Referee 2 Name:** |  |
| **Address:** |  |
| **Email:** |  |
| **Relationship to you:** |  |

**Please tell us your availability (tick all that apply):**

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **Morning** |  |  |  |  |  |  |  |
| **Afternoon** |  |  |  |  |  |  |  |
| **Evening** |  |  |  |  |  |  |  |

