



## Group Volunteer

**Organisation:** Charity - BreatheEasy Eastbourne and Lewes

**Location:** Eastbourne, Sussex (with travel across Eastbourne, Lewes District and Polegate)

**Salary:** N/A (Expenses and travel costs will be reimbursed)

**Hours:** TBC

**Application Deadline:** N/A

---

### Role Overview

We are looking for volunteers who want to make a real difference to people's lives by supporting our pulmonary maintenance and physical activity programmes for people living with chronic respiratory conditions in East Sussex.

This is a great opportunity to have a positive impact in your community and on broader society. You will build on valuable skills such as communication, community development and fundraising.

As this is a new role, we expect the range of duties will develop over time and are committed to including volunteers in this process. You will be reimbursed all reasonable out-of-pocket expenses incurred while volunteering.

---

### Key Responsibilities (upon completing an induction):

**Service Delivery:** Provide support to physiotherapists with the running of pulmonary rehab classes, this will include -

- Providing a warm welcome to attendees
- Completing registration forms
- Taking payments

**Public Engagement:** Provide support to the BreatheEasy Lewes and Eastbourne manager with networking opportunities and events.

---

### About Us

BreatheEasy Eastbourne Support Group is run by a group of volunteers who suffer with lung illnesses so the most important thing we do in terms of support is offer an understanding ear from someone that has been there.

It is our aim that no person should have to suffer alone. Therefore, we try our hardest to be accommodating and supportive, offering a safe place where people with lung illnesses can express themselves without prejudice.

## Our Groups

- A lively Social Club which gives our members a chance to meet new people.
  - Ongoing Pulmonary Maintenance Exercise Programme.
  - Tai Chi, bowls, yoga and singing sessions.
  - Green Gym Disabled Allotment in Gorrington Road, Eastbourne for our gardeners that enables them to grow flowers, vegetables and fruit or possibly learn new skills. The allotment has been designed to assist those with limited mobility.
  - Once a month at our monthly meetings we invite a speaker to give a talk on various subjects.
  - A monthly fundraising raffle with excellent prizes and all donations are welcome.
  - A fun General Knowledge Quiz at our monthly meeting with a prize to the winner.
  - Various events throughout the year, including a Cream Tea, Christmas Party and Christmas Lunch.
- 

## **About You**

You don't need specific qualifications or skills, but you'll need to:

- Maintain a friendly and approachable demeanour.
  - Exhibit non-judgmental behaviour and respect for diverse views, values, and cultures.
  - Possess strong verbal communication skills.
  - Demonstrate sound organisational skills.
  - Manage money and possess basic math skills.
  - Have basic IT and telephone skills - training will be provided.
- 

## **Why Join Us?**

BreatheEasy Eastbourne and Lewes is a well-established, volunteer-led support group affiliated with the British Lung Foundation, providing a lifeline for people living with lung conditions. You'll be joining at an exciting time, as we aim to strengthen and scale up our community impact.

You'll benefit from:

- The opportunity to meet new people, make new connections and friends, while increasing your knowledge of lung conditions and services in the area.
  - Support from the BreatheEasy Lewes and Eastbourne manager on your volunteering journey and any relevant training for your role.
  - Flexible working hours, however you will need to be available to support at the pulmonary maintenance classes.
  - All agreed travel costs and expenses will be paid.
- 

## **How to Apply**

Please submit your CV and a covering letter outlining how your skills and experience match the role to [breatheeasyeastbourne@gmail.com](mailto:breatheeasyeastbourne@gmail.com)

For an informal discussion, please contact:

Kim Cole

CEO Breathe Easy Eastbourne and Lewes

**Email:** [breatheeasyeastbourne@gmail.com](mailto:breatheeasyeastbourne@gmail.com)

**Phone:** 07969 490379 / 07949 811599