

## Who are the APF Voices?

Our APF Voices are people whose lives have been affected by pulmonary fibrosis, either directly or through someone they know - they are the voices of PF and speak from experience and the heart. They come from across the UK, can be of any age group and come from all walks of life.

The one thing that really unites them is their pride and commitment in representing Action for Pulmonary Fibrosis and raising funds and awareness.



## What do the Voices do?

- ❖ Speaking at a APF fundraising event
- ❖ Speaking at your workplace
- ❖ Talking to schools about your experience
- ❖ Hosting a fundraising event
- ❖ Talking to groups in your community (Rotary Clubs, churches, schools, gardening clubs and women's groups) about our work and telling them how they can help
- ❖ Looking for local opportunities to raise awareness and funds for APF

## What we ask from you This role would suit you if you are:

- ❖ Punctual and reliable
- ❖ Well presented
- ❖ Friendly, approachable, and enthusiastic
- ❖ Able to speak confidently and articulately about personal experiences with Pulmonary Fibrosis

## What you can expect from us

- ❖ Dedicated members of the staff to support, encourage and enable you to fulfil your role
- ❖ APF Voices lanyard and uniform
- ❖ Training and induction
- ❖ Agreed out-of-pocket expenses will be covered.
- ❖ Resources and information

## What will you gain?

- ❖ Opportunities to meet new people
- ❖ Make a difference and support our vital work
- ❖ Enhance your CV
- ❖ Experience of organising your own event or presentation
- ❖ Involve your local community



## What do the APF Voices do?

In addition to the talks and presentations that we will ask you to do on our behalf, we encourage you to go out and raise awareness and funds in your local community. There are many ways you can do this:

### Clubs

It's worth contacting local groups such as the Round Table, Rotary Club, Women's Institute, etc. You could offer to give a talk about APF and ask for a donation to the charity.

### School

Most schools will be more than happy to donate to APF in return for an assembly. All our Voices are provided with tailor-made presentations for both primary and secondary school children.

### Companies and local businesses

Could you convince your colleagues to give APF a regular gift or sign up for one of our fundraising events? We have a range of exciting year-round events that companies can get involved with.

Why not give a talk or presentation within your company and help us recruit even more fundraisers?

You could approach local businesses to keep an APF collection tin or perhaps donate a prize to our Christmas or Spring raffle.

### Press

Local press are always looking for stories and it's a great chance to raise awareness in your community. The best way to get some publicity is by sending out a press release. For help writing your press release please contact us.

**Please contact Natalie [natalie@actionpulmonaryfibrosis.org](mailto:natalie@actionpulmonaryfibrosis.org) if you would like to apply to become an APF Voice.**