

### Macmillan Beyond Diagnosis Gateway

Self Help UK in partnership with Macmillan are supporting people in Nottingham living with a cancer diagnosis, or still living with the emotional or physical after effects of cancer. We also support family and friends coming to terms with someone else's diagnosis and the impact on their lives.

<b>Role</b>	<b>Macmillan Beyond Diagnosis Gateway – Group Support Volunteer</b>
<b>Location</b>	<p><b>Nottingham and Nottinghamshire</b></p> <p>Group Support sessions are currently only being held online via Zoom but in the future groups may be delivered face to face within the community depending on the preference of members. Current groups will be held within a five mile radius of Nottingham City however we intend to offer groups across the county.</p>
<b>Purpose of Role</b>	<p>Our Peer Support sessions are an opportunity for people to socialise, have a chat and participate in an activity that they enjoy for example arts and crafts, walking and gardening groups and through mutual support, grow in confidence. Initially groups need the support of volunteers but the long term aim is to enable the participants to run their own group. Your volunteering support will help people develop the skills and confidence to enable this to become a true peer support group – run by people affected by cancer, for people affected by cancer.</p>
<b>Role Description</b>	<p><b>Essential Requirements</b></p> <p>Are you interested in supporting people living with and affected by cancer? Do you enjoy meeting and talking to people and working as part of a team?</p> <p>Can you help give people confidence and skills so they can play more active roles in the groups going forward? Can you commit to 6-12 months volunteering for 2-5 hours per month? If the answer is yes then this role could be for you.</p> <p><b>You will also need to be able to offer one or more of the following:</b></p> <ul style="list-style-type: none"> <li>• Administrative skills – e.g. very basic bookkeeping (accounting for no more than £1,200 a year), booking rooms, sending out information to group members, keeping records of how many people attend a session etc.</li> <li>• Advanced administration – helping with funding bids, setting up bank accounts.</li> <li>• IT skills – able to help people set up email addresses and log onto zoom and arrange the zoom meetings.</li> </ul>

	<ul style="list-style-type: none"> <li>• Or perhaps you have a skill or interest that you would like to share with others as a focus for the group activity e.g. gardening, knitting, cooking, walking, IT knowledge?</li> </ul> <p>If you have any of these skills or are keen to develop these please get in touch. We are seeking to develop existing and new groups and we'd love to hear from you.</p> <p>Your help and support will help reduce isolation, increase confidence and provide a safe, enjoyable and engaging group for people to be part of.</p>
<b>Time Commitment</b>	We need volunteers who can commit 2 to 5 hours per month, although greater commitments are very welcome if you were able to support more than one group.
<b>Skills &amp; Qualifications</b>	<p>We are looking for volunteers who are understanding, patient, empathetic and good at listening. Ideally you'll have good verbal communication, listening skills and enjoy working as part of a team.</p> <p>You will need basic IT skills, be able to use email and Zoom.</p> <p>There are no formal qualifications required, just an interest in supporting the aims of Self Help UK and Macmillan by helping someone during their cancer journey.</p>
<b>Our Volunteer Offer</b>	<p>We will ensure you are supported throughout your volunteering journey and provide:</p> <ul style="list-style-type: none"> <li>• Full and comprehensive volunteer induction training</li> <li>• Ongoing training with Self Help UK, Macmillan Cancer Support and our partnership organisations</li> <li>• Regular supervision sessions with a designated role manager</li> <li>• Regular Peer Support sessions</li> <li>• Monthly Volunteer Newsletters to keep you up to date with all of our latest Volunteer News</li> <li>• Twice Yearly Volunteer Events – an opportunity to meet other volunteers and staff and to celebrate our achievements</li> <li>• Health Assured – Employee &amp; Volunteer Assistance Programme available online, by telephone and on an app.</li> <li>• Macmillan Cancer Support – a counselling service available free of charge for all volunteers</li> <li>• Employee references for volunteers seeking employment</li> </ul>
<b>Reimbursement of expenses</b>	<p>Any out of pocket expenses will be reimbursed for training or volunteering including travel:</p> <ul style="list-style-type: none"> <li>- mileage costs @ 45p per mile</li> <li>- public transport costs</li> </ul>
<b>Benefits to Volunteering</b>	<ul style="list-style-type: none"> <li>- The satisfaction of helping people affected by cancer</li> <li>- Get more involved in and making a real difference to your local community.</li> <li>- Support a local charity to improve their service</li> <li>- Develop new skills, or evidence how you can use the ones you have!</li> </ul>

<b>Volunteer commitments</b>	To volunteer within this role you will need to: <ul style="list-style-type: none"><li>• Come for a chat/interview</li><li>• Complete a Volunteer Induction Training session (1 day training)</li><li>• Complete an enhanced DBS</li><li>• Provide two referees</li><li>• Participate in a minimum of two Peer Support sessions per year (2 hours per session – sessions are arranged at various times including weekends and evenings)</li></ul>
<b>Contact Information</b>	To register your interest or for an informal chat about the project, please feel free to contact us - Macmillan Beyond Diagnosis Gateway Tel: 0115 9111662 Email: <a href="mailto:volunteering@selfhelp.org.uk">volunteering@selfhelp.org.uk</a>