

Macmillan Beyond Diagnosis Service

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.

Role	Macmillan Beyond Diagnosis – Emotional Support Volunteer
Location	Nottingham and Nottinghamshire We will aim to ensure voluntary opportunities are matched appropriately so they are local and accessible wherever possible.
Purpose of Role	To offer emotional support to people affected by cancer enabling them to develop resilience and confidence to maintain control of their own lives. To help people regain confidence after a diagnosis or bereavement and/or offer empathy and a listening ear at the most difficult times. The aim is not to create dependency but to provide support in very difficult times and help people move away from formal support where appropriate.
Role Description	To listen and talk to people affected by cancer and provide them with a supportive professional friendship. This can help to lesson isolation, increase confidence and provide reassurance at a difficult time. This support may include a listening ear, helping them to engage in community or social activities or connect with family, friends and neighbours, encouragement to improve mental and physical health or seek alternative support or time to talk about whatever they feel like talking about. This role may take place over a telephone conversation, online for example via Zoom, Facetime and Whatsapp or during a visit and is generally a regular commitment of about once a week for 3-6 months. If you are able to offer more practical support to the person you are building a relationship with, e.g. accompanying to appointments, helping with occasional household tasks, teaching new skills etc. then this is also beneficial but this element of the role could also be undertaken by a different volunteer on a one off or short term basis.
Time Commitment	We need volunteers who can commit 1 to 2 hours per week, although greater commitments are very welcome if you were able to support more than one client/offer practical support also.

<p>Skills & Qualifications</p>	<p>Skills requirements:</p> <ul style="list-style-type: none"> • Excellent listening skills • Excellent communication skills • Patience • Empathy • Reliability • A commitment to make a positive difference to the lives of those affected by cancer <p>There are no formal qualifications required, just an interest in supporting the aims of Macmillan by helping someone during their cancer journey.</p>
<p>Our Volunteer Offer</p>	<p>We will ensure you are supported throughout your volunteering journey and provide:</p> <ul style="list-style-type: none"> • Full and comprehensive volunteer induction training • Ongoing training with Self Help UK, Macmillan Cancer Support and our partnership organisations • Regular supervision sessions with a designated role manager • Regular Peer Support sessions • Regular Volunteer Newsletters to keep you up to date with all of our latest Volunteer News • Twice Yearly Volunteer Events – an opportunity to meet other volunteers and staff and to celebrate our achievements • Macmillan Cancer Support – a counselling service available free of charge for all volunteers • Employee references for volunteers seeking employment
<p>Reimbursement of expenses</p>	<p>Any out of pocket expenses will be reimbursed for training or volunteering including travel:</p> <ul style="list-style-type: none"> - mileage costs @ 45p per mile - public transport costs
<p>Benefits to Volunteering</p>	<ul style="list-style-type: none"> - The satisfaction of helping people affected by cancer - Get more involved in and making a real difference to your local community. - Support a local charity to improve their service - Develop new skills, or evidence how you can use the ones you have!
<p>Volunteer commitments</p>	<p>To volunteer within this role you will need to:</p> <ul style="list-style-type: none"> • Come for a chat/interview • Complete a Volunteer Induction Training session (1 day training) • Complete an enhanced DBS • Provide two referees • 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)
<p>Contact Information</p>	<p>To register your interest or for an informal chat about the project, please feel free to contact us - Macmillan Beyond Diagnosis Tel: 0115 9111662 Email: volunteering@selfhelp.org.uk</p>

