

## Join Our Team as a Macmillan Beyond Diagnosis Emotional Support Volunteer!

📍 **Location:** Nottingham & Nottinghamshire  
(We'll do our best to match you with a local opportunity that's convenient for you!)

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### Make a Real Difference

Are you a great listener? Do you have a little time each week to offer kindness and support to someone affected by cancer? If so, we'd love to have you on board!

As a **Macmillan Beyond Diagnosis Emotional Support Volunteer**, you'll provide emotional support to people affected by cancer. Your role isn't about creating dependency but rather offering:

- 👂 A listening ear
  - 🌈 Encouragement
  - 🤝 Companionship during a difficult time
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### What You'll Be Doing

- 🗣️ Offering emotional support by listening and chatting
  - 🧑♂️ Helping to reduce isolation and build confidence
  - 🧩 Encouraging social connections with family, friends & community
  - 🧠 Supporting mental and physical well-being
  - 📞 Engaging via phone, online (Zoom, FaceTime, WhatsApp), or in-person visits
  - ⌚ Volunteering 1–2 hours/week for 3–6 months (or longer if you wish)
  - ✅ Bonus (optional): Practical support like attending appointments or light help
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### What We're Looking For

No formal qualifications required—just a caring heart. Ideal qualities:

- 🗣️ Excellent listening & communication
  - ⌚ Patience & empathy
  - 🌟 Reliability & commitment
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### What You'll Get in Return

We've got your back with:

- 🎓 Full training
  - 👥 Ongoing support from a role manager
  - 💬 Peer support sessions & check-ins
  - 📰 Volunteer newsletters & events
  - 🧑♂️ Access to Macmillan counselling services
  - 📄 References (if needed)
  - 🚗 Reimbursement for travel (45p per mile/public transport)
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## Why Volunteer With Us?

- 🙌 Make a real impact in someone's life
  - 🏠 Connect with your local community
  - 🌱 Develop new skills & support a meaningful cause
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## What's Next?

Here's how to get started:

1. 📞 Have a friendly chat with us
2. 📅 Attend a one-day Volunteer Induction Training
3. 🔍 Complete an enhanced DBS check
4. 📄 Provide two references
5. 🤝 Join at least two peer support sessions per year

## Interested? Let's Chat!

If you'd like to learn more or sign up, we'd love to hear from you.

📞 **Call us:** 0115 9111662

✉️ **Email us:** [volunteering@selfhelp.org.uk](mailto:volunteering@selfhelp.org.uk)