

Join Us as a Macmillan Beyond Diagnosis – Practical Support Volunteer!


 **Location:** Nottingham & Nottinghamshire (We'll match opportunities as locally as possible.)


Make a Real Difference



Are you looking for a flexible and rewarding way to help people affected by cancer? As a Practical Support Volunteer, you'll provide short-term, one-off support to individuals when they need it most. Whether it's helping someone get to an appointment, setting up their smartphone, or tackling a small DIY task, your time and skills can make a huge impact.


What You'll Be Doing


Every person's journey with cancer is different, and so is the support they may need. Typical requests include:

 **Tech Help** – Showing someone how to use a smartphone, make video calls, send emails, or shop online.

 **Practical Tasks** – Moving furniture, minor DIY, or helping with a one-off gardening or cleaning job.

  **Getting Out & About** – Accompanying someone to a hospital appointment or a community activity.


 **Transport Support** – Giving a lift to an appointment or event.


 **Grocery Shopping** – Picking up essentials for someone coming home from the hospital.


You'll be part of a trusted volunteer network that we can call upon when support is needed. If you're available, great! If not, no worries—this role is truly flexible.

Who We're Looking For

You don't need special qualifications—just a kind heart and a willingness to help. Ideally, you'll be:

 Reliable and friendly

 Keen to make a positive difference

 Comfortable with occasional or one-off volunteering

Do you have IT skills, DIY experience, or other talents? Let us know—we'd love to match your strengths to someone in need!

What You'll Get


We want you to feel supported in your volunteer journey, so we provide:


 **Full training and induction**

 **Ongoing support from our team and peer volunteers**

 **Regular newsletters and volunteer events**

 **Free Macmillan counselling service for all volunteers**

 **Reimbursement of travel expenses (45p per mile or public transport costs)**

 **References for job seekers**

How to Get Started

To volunteer, you'll need to:

- 🗣️ **Have a friendly chat with us**
- 🎓 **Complete a short training session (4 hours)**
- 👤 **Undergo an enhanced DBS check**
- 📄 **Provide two references**
- 👥 **Join at least two peer support sessions per year (2 hours each, with flexible scheduling)**

Ready to Help?

We'd love to hear from you! Get in touch for a chat or to sign up:

📞 **0115 9111662**

✉️ **volunteering@selfhelp.org.uk**

Join us and be part of a team that makes life a little easier for those facing cancer. ❤️