

Volunteer with Lymphoma Action

Live your Life – living with and beyond lymphoma programme facilitator

Location: Across your region

Time Commitment: 1-2 days every few months to deliver the programme (flexible opportunity with workshops taking place mostly on weekdays)

About Lymphoma Action

With the help of our passionate volunteers we're ensuring that no one has to face their lymphoma alone. Lymphoma Action is the UK's only charity dedicated to lymphoma, the fifth most common cancer and the most common cancer in young people aged 15-24. We've been providing in-depth, expert information for over 30 years, helping thousands of people affected by lymphoma.

How this role makes a difference

We've developed the Live your Life programme to provide education and support to people who have been diagnosed and treated for lymphoma. The programme is delivered through one-day interactive workshops, with 15-20 participants. The Live your Life workshops will equip participants to:

- take control of how to live with and beyond lymphoma
- find ways of dealing with the physical challenges, finishing treatment and the after effects
- address the emotional aspects of living with this form of cancer
- make sure participants know where to go to get further help and support

As a programme facilitator you will be using your personal experience of lymphoma in order to facilitate one-day Live your Life workshops. Your time is important in helping us educate, inform, support and connect others.

What's involved?

- Delivering a structured, interactive one-day education session that offers relevant support and information to people living with and after lymphoma
- Using your own experience of lymphoma to illustrate examples and facilitate others participating in the programme to share their own experiences
- Helping people who have finished their treatment for lymphoma or who are on 'active monitoring' cope, get back on their feet, move on and find 'the new normal'

- Enabling and facilitating discussions on key topics, ensuring everyone has a chance to talk
- Managing questions - the facilitator will not be an expert in any of the subjects covered and the workshop will not provide specific medical advice
- Giving people the tools they need to get on with their lives with confidence, knowing they're not on their own
- Enabling attendees to learn from others' experience as well as share their own if they feel comfortable – to talk about how they are feeling and share what they know
- Taking part in relevant training and induction sessions and undertaking a trial period
- Volunteering within Lymphoma Action guidelines, policies and procedures

What skills and experience you'll need

- A personal experience of living with lymphoma is required and you'll feel comfortable and able to talk about your emotions and support others through their own
- You'll have experience in presenting, teaching, delivering or facilitating education/information to groups of people
- Engaging and enthusiasm manner to deliver interactive workshops
- Excellent communication skills to facilitate discussions and communicate well with a range of people, ages and backgrounds
- Access to either your own car or good public transport
- Over 18 years old

Training & Support

- Induction and welcome to Lymphoma Action
- Relevant training and ongoing development opportunities to help you in your role
- Ongoing support from a designated Lymphoma Action staff member
- Reasonable out of pocket expenses in line with Lymphoma Action's policy
- Access to resources and guidance
- News and updates about volunteering for Lymphoma Action

What you will get out of volunteering with us

- You'll make a positive impact in educating and supporting people living with lymphoma
- You'll be part of our volunteering community who are at the heart of our work
- You'll develop your awareness and understanding of lymphoma and the work of a national charity
- You'll bring your own expertise and interests to the role
- You'll improve your own wellbeing by connecting with others

Next Steps

To apply for this role please fill out our Volunteer Application Form and a member of staff will be in contact to chat further with you. You can contact the Volunteering Team by emailing volunteering@lymphoma-action.org.uk or 01296 619424.