

# Volunteer with Lymphoma Action



## Buddy

**Location:** Home-based

**Time Commitment:** Variable. Expect periods with no Buddy links, and during links we suggest contact is around six times or over a period of three months. Each contact is likely to be up to an hour.

## About Lymphoma Action

With the help of our wonderful volunteers, we aim to make sure that no one has to face lymphoma alone. Lymphoma Action is the UK's only charity dedicated to lymphoma, the fifth most common cancer. We've been providing expert information and support for over 35 years, helping thousands of people affected by lymphoma.

We welcome volunteers from all backgrounds, communities and experiences and strive to have diverse representation within our volunteer community.

## How this role makes a difference

Our Buddy Service offers people affected by lymphoma the opportunity to talk to someone with similar experiences. Buddies offer this support on a time-limited basis, via phone or email. The service is not a befriending or counselling service and does not offer long-term support. The Buddy Service aims to:

- offer peer-support on a one-to-one basis by phone or email
- put individuals in touch with a buddy with closely matched experiences
- offer a short-term opportunity to share experiences with someone who 'understands what they are going through'.

As a Buddy you will use your personal experience of lymphoma to support others affected by lymphoma to feel understood, less isolated, and more able to cope with living with their lymphoma. Our Buddies include people with lymphoma as well as family members, partners and carers.

## What's involved

- Delivering short-term support by phone or email to an individual. This might be individuals with lymphoma, or a family member, partner, or carer (depending on your situation and experiences).
- Empathising with and supporting individuals who are in, or are likely to be going through, similar situations to your own (for example, particular treatment regimens).
- Using interpersonal skills to sensitively share your experiences, whilst observing boundaries of the role and signposting back to Lymphoma Action as appropriate.

In addition, for all volunteering activities, you will be expected to:

- Identify strongly with our mission and values
- Positively represent Lymphoma Action
- Carry out all volunteering activities within the Charity's guidelines, policies and procedures.

## What skills and experience you'll need

- A personal experience of lymphoma is required. You may have, or have had, lymphoma yourself, or you may be a family member, partner, or carer of someone who has or had lymphoma.
- You will be at least 12 months on from completing treatment or starting on active monitoring. If you are a family member, partner, or carer, the person close to you will be at least 12 months on from completing treatment or starting on active monitoring
- You will have come to terms with your own diagnosis, or that of the person close to you, and be able to support others sensitively.
- Feel comfortable and able to talk about your experiences of lymphoma and the emotions around this and be able to support others through their own situations.
- Be engaging, empathetic and non-judgemental, and able to communicate well with a range of people with varying ages and backgrounds.
- Able to offer contact by email and phone and have access to a quiet and confidential space to offer this contact.
- Access to Zoom (for training purposes).
- Be over the age of 18.

## What training and support you'll receive

- Induction and welcome to Lymphoma Action, delivered online
- Specific training delivered as a one-day online workshop and later practice calls
- Ongoing support from the Buddy Service Team with opportunities to debrief following Buddy links
- Access to resources, guidance, news, and updates about volunteering with Lymphoma Action.

## What you'll gain from volunteering with us

- Make a positive impact by supporting people affected by lymphoma
- Be part of our valued volunteer community, which is at the heart of our work
- Develop a deeper understanding of lymphoma and the work of a national charity
- Opportunities to develop your interpersonal and communication skills
- Enhance your own wellbeing through connecting with others.

## Next Steps

Please complete our [Volunteer Enquiry Form](#). A member of staff will be in touch to chat through your interest in this role. If you're looking to apply or have any questions, you can also contact the Volunteering Team by emailing [volunteering@lymphoma-action.org.uk](mailto:volunteering@lymphoma-action.org.uk) or calling **01296 619415**.