

# Volunteer with Lymphoma Action



## Online Support Facilitator

**Location:** Home-based

**Time Commitment:** Around 3-4 hours a month, including 1.5 hours for the monthly online meeting, communications and ongoing learning. We're ideally looking for volunteers who can offer a longer-term commitment of at least 12 months after completing induction and training.

## 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

As an Online Support Facilitator, you will be part of a volunteer team helping the Services Managers to provide a safe and confidential space where people affected by lymphoma can talk about their experience, benefit from mutual support, and find the information they need. Read about our online support meetings here: [Lymphoma Action | Online Support Meetings](#).

## What's involved

You will co-host and facilitate monthly peer support meetings on the Zoom platform. Tasks include:

- Managing the structure and content of support meetings
- Actively listening and responding to participants\* and ensuring that everyone has an opportunity to share their experience and get the support and information they need
- Technical management of the support meeting on Zoom.

**\* Please note, this role is not about sharing your own experience of lymphoma.**

You will need a laptop / desktop computer (phones / tablets are not suitable), with a microphone, speakers and webcam, a good wi-fi or internet connection, a private email address that no one else can access and a quiet, private space from which to facilitate confidential support meetings.

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

- Identify strongly with our mission and values
- Positively represent Lymphoma Action throughout all tasks, communications and relationships as you carry out your role
- Carry out all volunteering activities within the Charity's guidelines, policies and procedures.

## **What skills and experience you'll need**

- An understanding of how a diagnosis of cancer can affect people and those close to them (or you are willing to learn)
- Be compassionate and committed, empathetic and non-judgmental, and enjoy meeting people from different backgrounds and experiences
- Be a good listener and comfortable responding to people who may be upset, anxious or confused, including those who have a life-limiting condition
- Access to Zoom
- Be over the age of 18.

If you have been diagnosed with lymphoma, or are close to someone who has, before taking on the role you/they will be at least 12 months on from completing treatment or starting on active monitoring. You will also be at least 12 months beyond a bereavement, if applicable.

## **What training and support you'll receive**

- Induction and welcome to Lymphoma Action, delivered online
- A comprehensive induction and training programme, including hosting on Zoom as well as supervised practise sessions at live support meetings
- Ongoing support from a designated Lymphoma Action volunteer manager
- Access to resources, guidance, news, and updates about volunteering for 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, communication and facilitation 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**.