



Volunteer with Lymphoma Action

Live your Life Facilitator

Location: Across your region / home-based for online workshops

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

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 Live your Life peer-led self-management programme provides education and support to people who have been diagnosed with, and treated for, lymphoma. The programme is delivered through one-day interactive workshops, usually with 15-20 participants.

As a programme facilitator you will be using your personal experience of lymphoma in order to facilitate Live your Life workshops. Your time is important in helping us educate, inform, support and connect others. Read more about our Live your Life workshops here: [Lymphoma Action | Live your Life](#).

What's involved?

- Delivering a structured interactive one-day workshop that offers relevant support and information to people living with and beyond lymphoma
- Using your own experience of lymphoma to illustrate examples and facilitate others participating in the programme to share their own experiences
- Facilitating discussions on key topics, ensuring everyone has a chance to talk
- Running workshops alongside other facilitators and Clinical Nurse Specialists.

Facilitators will be managing some questions, but do not need to be experts in any of the subjects covered and the workshop will not provide specific medical advice. Facilitators are required to not give advice, medical or otherwise.

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

- 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 6 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 6 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.
- Experience in presenting, teaching, delivering or facilitating education/ information to groups of people.
- Access to either your own car or good public transport for in-person workshops.
- Access to Zoom with a good wi-fi/internet connection for online workshops.
- 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 two-day workshop
- Ongoing support from a designated Lymphoma Action volunteer manager
- Ongoing support from a peer group of volunteer facilitators
- Reasonable expenses reimbursed in line with Lymphoma Action's policy
- 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 and informing 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 or calling **01296 619415**.