

Volunteer wellbeing and support

The health and wellbeing of our volunteer's is a priority for Lymphoma Action. We offer the following support, information, and resources:

- Ongoing support from a designated member of staff – your volunteer manager.
- You can talk with your volunteer manager and/or the Volunteering Team about any situations you may find difficult during your volunteering.
- Opportunity to check-in with the Volunteering Team about your wellbeing and support needs.
- You can also talk with a Lymphoma Action Mental Health First Aider.
- Option of taking a break from your volunteering at any point.
- You can contact our [Helpline](#) if you've been emotionally affected by a volunteering experience, for example, it's triggers something related to your lymphoma experience.
- We ask volunteers to share if you have any health and support needs on the Application Form and with your volunteer manager, keeping us updated of any changes, so that we can support your involvement.
- Access to our online volunteer resources hub full of information: lymphoma-action.org.uk/vr
- Quarterly volunteer e-news to keep you updated on relevant news and information.
- Opportunities to connect with other volunteers at our online meet ups, and any role-specific team meetings.
- WhatsApp groups for some volunteer roles.
- The Charity has a set of [value statements for volunteering](#).

Lymphoma Action also has [information and resources on health and wellbeing](#) on the website.