

Macmillan Beyond Diagnosis Service

Self Help UK in partnership with Macmillan are supporting people in Nottingham living with a cancer diagnosis, or still living with the emotional or physical after effects of cancer. We also support family and friends coming to terms with someone else's diagnosis and the impact on their lives.

Role	Macmillan Beyond Diagnosis– Practical Support Volunteer
Location	Nottingham and Nottinghamshire We will aim to ensure voluntary opportunities are matched appropriately so they are local and accessible wherever possible.
Purpose of Role	To offer short term or one off practical support to help individuals affected by cancer through a difficult period. The service aims to ensure people do not become dependent on this support and the support worker or emotional volunteer will work with the individual to find alternative solutions to on-going practical support requirements.
Role Description	This role involves providing one off or occasional practical support which has been requested by the service user. This type of support really can help make things easier during a difficult cancer journey. Typical requests may be; <ul style="list-style-type: none"> • IT support - Teaching people how to use a Smart Phone or tablet, how to access the internet, do zoom calls, do on-line shopping, send emails etc. • Moving furniture around/minor DIY • One off gardening/house clearing/cleaning tasks • Accompanying someone to a hospital appointment or to a community activity • Offering transport to an appointment or activity <p>You would also be expected to report back to the support worker if you had any concerns about an individual.</p>
Time Commitment	We need volunteers who can provide adhoc support; You would be part of a bank of people that we can call upon – so, for example, we can contact you to ask to help Mrs C who is coming out of hospital tomorrow and who needs someone to do a one-off grocery shop for her.
Skills & Qualifications	Skills requirements: <ul style="list-style-type: none"> • Reliability • Friendly personality • A commitment to make a positive difference to the lives of those affected by cancer <p>Do you have a particular skill for example IT knowledge, DIY skills that you could utilise or share, if so, we'd love to hear from you.</p>

	<p>There are no formal qualifications required, just an interest in supporting the aims of Macmillan by helping someone during their cancer journey.</p>
<p>Our Volunteer Offer</p>	<p>We will ensure you are supported throughout your volunteering journey and provide:</p> <ul style="list-style-type: none"> • Full and comprehensive volunteer induction training • Ongoing training with Self Help UK, Macmillan Cancer Support and our partnership organisations • Regular supervision sessions with a designated role manager • Regular Peer Support sessions • Bi-monthly Volunteer Newsletters to keep you up to date with all of our latest Volunteer News • Twice Yearly Volunteer Events – an opportunity to meet other volunteers and staff and to celebrate our achievements • Macmillan Cancer Support – a counselling service available free of charge for all volunteers • Employee references for volunteers seeking employment
<p>Reimbursement of expenses</p>	<p>Any out of pocket expenses will be reimbursed for training or volunteering including travel:</p> <ul style="list-style-type: none"> - mileage costs @ 45p per mile - public transport costs
<p>Benefits to Volunteering</p>	<ul style="list-style-type: none"> - The satisfaction of helping people affected by cancer - Get more involved in and making a real difference to your local community. - Support a local charity to improve their service - Develop new skills, or evidence how you can use the ones you have!
<p>Volunteer commitments</p>	<p>To volunteer within this role you will need to:</p> <ul style="list-style-type: none"> • Come for a chat/interview • Complete a Volunteer Induction Training session (4 hours training) • Complete an enhanced DBS • Provide two referees • Participate in a minimum of two Peer Support sessions per year (2 hours per session – sessions are arranged at various times including weekends and evenings)
<p>Contact Information</p>	<p>To register your interest or for an informal chat about the project, please feel free to contact us - Macmillan Beyond Diagnosis Tel: 0115 9111662 Email: volunteering@selfhelp.org.uk</p>