



METRO Walnut

Peer Support Group Volunteer

Role Description

METRO Walnut is a peer support group for LGBTQ people with prostate cancer. We meet twice a month, on the 1st Saturday of the month online and then on the 3rd Saturday of the month face-to-face at METRO New Cross, Southeast London, both are from 2pm to 4pm.

Walnut volunteers positively identify as LGBTQ+, and support the Lead Worker in the delivery of the group by ensuring participants are welcomed as they arrive, support in setting up the room, and/or preparing group tea/coffees. Walnut volunteers may also be asked to support in leading discussions with the group, induct newer members, or support individuals when necessary.

Volunteers help create a safe and confidential space for members to talk about what's going on in their life, and share their experiences to gain peer support from people also dealing with prostate cancer.

Duties will include

- Support in setting and clearing up the space, including tea/coffee and following activities
- Welcoming new and existing members, and managing the front door
- Proactively talking with members
- Supporting the staff in the facilitation of activities, including set up of rooms and presentations
- Support recording attendees of the group
- Supporting advertising and promotion of groups
- Supporting preparation and delivery of METRO Walnut events such as Pride
- For Online meetings, facilitating breakout rooms, and buddying where appropriate.

- Meet up occasionally to help out with events and/or other commitments for the group
- Help with visiting guests
- Bring to the attention any concerns or problems to group facilitator. Such as - anyone who is isolated or anyone you think is being treated unfairly or without respect in the group.
- Don't give medical advice (we are not medical professionals) but rely on personal and group experience.
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The following skills/experience are required for this opportunity (please note if essential or desirable)

Essential

- Identify as LGBTQ+ and be living with a prostate cancer diagnosis
- Excellent listening skills
- Non-judgemental and empathetic approach to issues concerning to LGBTQ+ people and mental health
- Reliable and punctual
- Commitment to principles of equality and diversity
- Keep confidentiality of meeting contents and group member's personal information.
- Treat everyone with respect.
- Always refer other group members back to their own medical/hospital team for clarification and medical advice.
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Desirable

- Experience of working with adults
- Experience of working in a diverse community
- Experience working in a team

The time required for this volunteering opportunity is -

Approximately 3hrs per in-person group which includes some set up prior to starting and packing up. Online groups usually require less prior preparation.

We also attend events such as Pride in London and other ad-hoc social events.

The areas of interest and types of activity which best fit the voluntary opportunity on offer are:

| X | Area Of Interest | X | Type of Activity |
|----------|-----------------------------------|----------|--------------------------------|
| | Animals | | Administration |
| X | Art and Culture | | Advice work |
| | Children | | Architecture and building work |
| | Disability | | Art |
| | Disaster relief | | Befriending |
| | Domestic violence | | Business and management |
| | Drugs and addiction | | Campaigning and lobbying |
| | Education and literacy | | Caring |
| | Elderly | | Catering |
| | Employment | X | Community Work |
| | Environment | | Computers and technology |
| | Families | | Counselling |
| X | Gay, Lesbian, Bi and Trans-sexual | | Driving |
| | Health, hospitals and hospices | X | Entertainment |
| | Heritage | | Finance work |
| | Homeless and housing | | Fundraising |
| | Human and Civil rights | | Hostel work |
| | International aid | | Languages |
| | Legal Aid and Justice | | Legal work |
| X | Mental Health | | Marketing PR and Media |
| | Mentoring | | Music |
| | Millennium Volunteers | | Practical work & DIY |
| | Museums | | Retail & Charity shops |

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|--|---------------------------------|--|-----------------------------------|
| | Music | | Teaching and training |
| | Politics | | Trusteeship/Management Committees |
| | Prisoners and ex-offenders | | Under 16 volunteering |
| | Race and Ethnicity and Refugees | | |
| | Religion | | |
| | Sport and outdoor activities | | |
| | Women's Groups | | |
| | Youth | | |

The volunteer recruitment and selection procedures are

- Application form
- Interview
- References
- DBS check/Police disclosures
- Induction
- Trial period

The following conditions apply to this volunteering opportunity

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| Details of out of pocket expenses paid for this volunteering opportunity | <i>Travel expenses paid for all volunteers</i> |
| Details of induction, supervision and support offered to volunteers | <i>Volunteer Advocates will receive a thorough induction as well as continued offer of training opportunities and will be supported throughout their work with regular line supervision.</i> |
| Details of what insurance is provided for volunteers, both on and off-premises | <i>Volunteers are covered under our "Employers Liability Insurance" whilst representing The Metro Centre Ltd on or off the premises.</i> |
| Details about any training offered to volunteers, both informal and accredited | <i>As above</i> |

Volunteers with additional support needs

METRO is committed to equality of opportunity and diversity to those in the community with Additional Support Needs such as learning difficulties, mental health issues, physical disabilities and long-term illnesses.

METRO understands that involving volunteers with Additional Support Needs is dependent on the level of support required and the organisation's ability to meet these needs.

For more information about the volunteer role, please contact:

Simon.faulkner@metrocharity.org.uk