

# PRACTICAL AND EMOTIONAL SUPPORT VOLUNTEER

WE ARE  
MACMILLAN.  
CANCER SUPPORT

## Opportunities to volunteer in your local community

People affected by cancer tell us they need local support during their cancer journey. By choosing to join us as a practical and emotional support volunteer, you'll be doing something amazing for people at a difficult time so they can start to feel more in control. Make your time matter so that no one in **Northern Ireland** faces cancer alone.

### What's involved?

You'll be helping someone affected by cancer who will identify the support most useful to them, which may change over time. Activities could include:

- Practical support such as helping with daily activities such as shopping (including handling money), gardening and housework
- Emotional support such as listening and talking, providing a supportive relationship to help reduce feelings of isolation, offer reassurance and increase confidence.

This role involves working unsupervised in the community. Support is available from local Macmillan staff and you'll receive an induction and training, plus access to our lone worker personal safety system.

### What you won't be expected to do

- Assisting with personal care, for example: bathing, showering, washing and feeding
- Lifting, moving or handling people
- Administering medication of any kind or providing medical advice.



'You feel part of something bigger, something positive.'

**Jill, practical support  
volunteer**

## What will you get out of it?

- Join an enthusiastic team of people who want to make a difference, just like you
- Have a rewarding experience making a difference to people affected by cancer in your community
- Receive an induction and ongoing training in individual and group volunteer support sessions
- Use and develop your communication and people skills, enhancing your CV
- Receive agreed out-of-pocket expenses reimbursed within our guidelines

## Preferred qualities and skills

- Good listener, clear communicator and able to maintain confidentiality
- Patient, flexible and reliable
- Able to work independently with guidance and support
- Able to recognise when to ask for support
- Able to respect others' differences and choices

## How much time should I give?

This is flexible based on the time you have available and the needs of the people we support. You will need to be available during the service opening times, Monday to Saturday 9am to 7.30pm. We'd suggest a few hours a week, more if you have the time, ideally for a year or more.

This role is based within the community; you will need access to a car or be able to use public transport.

## Apply today by completing an online application form.

Then we'll contact you to discuss your application and the role in more detail, and answer any questions. Contact **Sarah** on **02890708610** or **[smarshall@macmillan.org.uk](mailto:smarshall@macmillan.org.uk)** to find out more.

We know that more than one in three of us will get cancer. For most of us it will be the toughest fight we ever face. Now, more than ever, we need people like you to join our team and help us make sure that no one faces cancer alone. Whether it's minutes or months, hours or days, **the time you give by volunteering for Macmillan really does matter.**



'Volunteering makes me feel I'm using my time in a very worthwhile and meaningful way.'

**Pauline, practical support volunteer**

**Make time matter. Volunteer today.**  
**[macmillan.org.uk/volunteer](https://macmillan.org.uk/volunteer) – 0300 1000 200**

*Note: While a criminal record will not necessarily be a bar to undertaking this role, you should be aware that the role involves regulated activity and is therefore subject to an Access NI Enhanced Disclosure and Barred List (Adults) check. It is a criminal offence for someone on these lists to work or apply to work in regulated activity.*