

# MOVING FORWARD VOLUNTEER

## What is Moving Forward?

We understand that a person's need for support doesn't end when treatment finishes. Our Moving Forward services and information are for anyone living with and beyond breast cancer, helping them approach life after treatment with increased confidence.

Our Moving Forward courses usually take place over two consecutive weeks and are delivered by a Moving Forward Facilitator, in partnership with NHS hospitals and are supported by on-demand online resources.

## What commitment is required?

The Moving Forward courses now take place over two consecutive weeks. A volunteer would ideally be involved each week for half a day. The number of courses and locations vary.

## What will I be doing?

You will be supporting a Moving Forward Facilitator at the course. Typical tasks may include:

- Liaise with Moving Forward Facilitator, to establish shared responsibilities.
- Help to set up and clear away at the beginning and end of the course. This includes signage but will not require any heavy lifting.
- Welcome participants on arrival.
- Circulating around small groups during the course to support participants' discussions.
- Actively listening during group discussions and proactively contributing with your own insights, when appropriate.
- Offering emotional support to participants if they become upset or need to take a break.

## What skills and qualities do I need?

- To have had a personal diagnosis of primary breast cancer. We suggest that you are at least 6 months past the finish of active (hospital-based) treatment when applying, as we want to make sure this is the right time for you to be providing support for others.
- Understanding and empathy for the issues faced by people with a breast cancer diagnosis.
- To be a confident and skilled communicator, a good active listener with a non-judgemental and non-directive attitude and approach.
- A commitment to working within Breast Cancer Now's policies and guidelines including respect for client confidentiality and equal opportunities.

## The difference you will make

During a Moving Forward course the facilitator will have oversight of the smooth running of the course. As a Moving Forward volunteer, you can make a difference by actively engaging with the participants' discussions, as well as being available to offer support to them throughout the course - something our service users tell us is essential to their experience.

## What training and support will I receive?

- Volunteers new to Breast Cancer Now will attend a two-hour online Welcome Workshop, plus receive support and guidance documents, and all volunteers will attend 2 half-day role specific training in advance of becoming a volunteer.
- A named contact within Breast Cancer Now.
- Refund of reasonable travel expenses in accordance with our expenses policy.