

Volunteer Role Description

Role Title:	Course Presenter - ACTivate Your Life, Affected by Cancer
Department:	Research and Support
Reporting to:	ACTivate Your Life Lead
Location:	Local Communities across Wales

Why am I needed?

We run our support service 'ACTivate Your Life – Affected by Cancer' for anyone who has been affected by cancer, whether they're a current patient, a carer or loved one, suffering the loss of someone close, or have had cancer in past years.

The 4 week course, led by trained volunteers, encourages people to understand how to respond to negative thoughts and feelings, worry less about the future and identify their principles and values using mindfulness techniques.

We're looking for volunteer course presenters to help us continue to deliver this service in communities across Wales.

Wayne is one of our amazing course presenters. Having taken part in an ACTivate Your Life a course following his own cancer treatment, he now presents the ACTivate Your Life – Affected by Cancer course. Wayne wanted to help others affected by cancer and says "the course helped me so much that I wanted to give something back, which is why I've trained to be a course presenter with Tenovus Cancer Care. I've gone from the guy sitting at the back of the room to the guy presenting the course".

If you're inspired by Wayne and would like to join him and our amazing team of course presenters, or you're looking to gain public speaking skills, then we'd love to hear from you.

What will I be doing?

- Presenting the ACTivate Your Life – Affected by Cancer course alongside other course presenters
- Setting up and packing away the venue prior to and after the sessions and welcoming clients to each session
- Signposting clients to relevant agencies if the need of further support is identified
- There may be the opportunity to support the team with sourcing and contacting potential clients, arranging venues and various administrative tasks as required.

What skills do I need?

- To be comfortable and confident in presenting to large groups, with an enthusiasm for the course content
- Good organisational and time management skills
- Strong communication skills
- Empathy and great people skills
- An interest in psychology, counselling and emotional wellbeing.

How much time do I need to commit?

There will be 2 days mandatory training followed by a charity induction to get you ready for the role. Each ACTivate Your Life course will run for 4 weeks and we ask that you are able to give 3 hours each week for those 4 weeks. There will be a number of courses running through the year and you can volunteer to present at just one of these courses or several through the year.

Please note on your application how much time you can give, indicating the days and times you're available where possible.

What support will I be given?

You'll receive training and an induction to the charity and our staff will be available to support and guide you in your role. There will always be someone to provide support when delivering the ACTivate Your Life sessions.

What benefits can I expect?

- The chance to gain experience of public speaking and community engagement while being supported by our experienced Research and Support Team
- The opportunity to develop a range of skills while meeting new people and making a real difference in your community
- Access to apply for all internal job vacancies
- Reasonable travel and lunch expenses will be paid in line with organisational policy.

Where will I be based?

The next training dates and location will be currently being planned. Following your training, the courses will run at various locations within your local community.

How do I apply?

Please follow this link to [apply online](#). Alternatively, please contact our Volunteer Development Team on **029 2076 8850** or e-mail volunteer@tenovuscancercare.org.uk for more information.

The application deadline and training dates for this role are to be confirmed and training dates. Before the training, you'll be invited to a coffee morning to ask questions about the role and find out more about the service.

Please note:

- We may carry out telephone interviews before inviting you to attend the training
- Depending on the number of applications received, there may be a need to shortlist before interview
- You will be required to complete an enhanced DBS check before starting in this role.