



Volunteering for the  
support network

# Becoming a Group Leader

“Endo has had a huge impact on my  
life but I am learning to manage.  
Support has been an important factor  
whilst learning to cope.”

*Endometriosis UK member 2004*

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[www.endometriosis-uk.org](http://www.endometriosis-uk.org)

helpline:

**0808 808 2227**

*Registered charity number: 1035810*

*Formerly The National Endometriosis Society*

providing support increasing understanding

Local groups provide an opportunity for women with endometriosis to meet others who live locally, to seek mutual support and information. Group members can also become involved in the activities of the group, which could include helping to distribute information locally, holding events or fundraising for the Charity.

### The Group Leader's role

Running a group can be very rewarding and group leaders play an important role as representatives of the Charity. Volunteers need to be able to devote a few hours a month to running the group and taking enquiries from local women. It can take some time for a group to become established, but you will be supported throughout by the Support Network team who will be available to answer any queries or concerns you may have.

Group leaders are responsible for arranging, promoting and planning the content of meetings, including arranging speakers. A step-by-step guide is provided to help you and ongoing support is always available.

Group leaders need to be well organised, have the ability to listen and be non-judgemental, have patience, empathy, calmness and the ability to provide information and not to advise. It is also essential that group leaders are able to speak knowledgeably about endometriosis, which is why all our volunteers are people who have a personal experience of endometriosis.

In addition to running regular meetings, group leaders offer support, information and referrals to women with endometriosis and their families and friends. They do not offer advice of any kind, particularly medical or legal advice.

### Training

All of our volunteers are provided with training to assist them in developing the skills required for their role. Initial training consists of an informal information day and a training weekend. There is also ongoing training in the form of an annual volunteers residential weekend.

Volunteers are only expected to attend the annual training every other year, although some enjoy meeting other volunteers and attend each year. All expenses are paid for by the Charity.

In addition, there is a support system in place if volunteers need to talk about the group.

The rewards of being a group leader are very special. One member said:

“It was such a relief to meet other women experiencing all the feelings, symptoms and worries that I had had over the months. I no longer felt I had to struggle on my own.”

Knowing that you, as a group leader, have helped someone in that way can be immensely satisfying.

### What do I do next?

If you are interested in becoming part of the support network team, please complete the application form and return it using the enclosed pre-paid envelope.

If you have any further questions, please contact the Support Network Manager on 020 7222 2781, or email [dhicks@endometriosis-uk.org](mailto:dhicks@endometriosis-uk.org).