



## **Role Outline - Support Group Leader**

Our volunteers are at the core of our organisation, making up our Support Network, which allow us to reach and make a difference to women struggling with the effect endometriosis has on their lives. Without our Support Network volunteers, we would be unable to reach the thousands of women who rely on us for support and information.

### **How does this role make a difference?**

Being a group leader can be incredibly rewarding. Besides helping others and offering much needed support in your community, it enables you to become more involved with Endometriosis UK's activities. Local support groups can offer much needed information and support for anyone affected by endometriosis. Starting a local support group in an area that does not have one can give those whose lives are affected by endometriosis the chance to meet and talk with others who share and understand their situation.

### **What will the role require me to do?**

The role is to provide a safe and supportive environment for woman with endometriosis to meet. Confidentiality is key to this process and it should be stressed to all that attend including partners, parents and children that no individual's personal story should be re-told out of the room. The group leader should provide information about the condition to help others understand. This can be done through discussion, expert speaker or publication hand out. Although endometriosis is the common ground, there is no reason that fun events should not be included in your meeting dates.

So we can show how effective we are as a group, we ask you to keep logging sheets of attendance numbers and send these back to us. The figures from all groups become a useful tool for the advancement of the service.

### **The main tasks are:**

- To organize meetings and activities
- To recruit and maintain membership of the group
- Raise awareness of endometriosis at a local level
- Be the Endometriosis UK's representative at a local level
- To participate in national activities at a local level, eg Endometriosis Awareness Week
- To keep the Support Network team and Head Office aware of activities

### **What skills and experience are required?**

No special qualifications are needed for this role, but being able to devote time to setting up and maintaining a group are essential. The following skills are required for the role:

- Leadership and self-motivation
- Presentation skills
- Ability to organise meetings, publicity campaigns



- A well-developed 'listening ear'
- Ability to empathise with people and not to over-sympathise
- To be able to speak authoritatively about endometriosis without embarrassment and explain a complex disease in simple terms
- Remembering to provide information and not to advise
- Ability to communicate with people from different backgrounds in a non-judgmental way
- Experience of endometriosis, either personally or friend or family member
- Some experience of the voluntary sector would be an advantage
- Willing to take telephone enquiries referred from the Helpline and the London Office

### **What training is provided?**

All Support Group Leaders receive training to ensure they have the necessary skills before setting up a support group. If their application is successful, they are invited to our residential weekend training event. All reasonable expenses are paid for by Endometriosis UK. Our Support Group Leaders receive ongoing training via our ongoing training programmes, in office support and our regular newsletters.