

## Role Outline - Virtual 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 an Online Support Group Leader can be extremely rewarding. Besides helping women with endometriosis, it enables you to become more involved with Endometriosis UK. Our Online Support Groups take place using a Skype conference call. The aim is to provide a safe, supportive environment for women with endometriosis. It is particularly useful for women who don't have a group in their area or who can't attend a group meeting and feel isolated.

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

A programme of group meetings would be agreed every three months and this would be promoted on our website. Group leaders are responsible for the focus of and organisation of the meeting which can cover a wide range of subjects and emotional support and information to help women manage their endometriosis.

Once the group meetings are promoted, the group leader will be sent the contact details for those who wish to join their group meeting and they will then arrange the meetings through Skype.

The group leader should provide information about the condition to help others understand. This can be done through discussion, expert speaker or by signposting to available resources.

### What skills and experience are required?

No special qualifications are needed for this role, but access to a computer and confidence with technology such as Skype and ability to use the internet with confidence. The following skills are required for the role:

- Leadership and self-motivation
- Presentation skills
- Ability to organise and facilitate meetings
- 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 through a friend or family member



### **How much time is needed for the role?**

Ideally we would hope for a commitment of one session per month lasting 60-90 minutes. Sessions can take place morning, afternoon or evening at a time that is convenient to you.

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

In order to undertake this role you must undergo training and attend regular updated training from time to time. In this way you keep your knowledge and your skills up to date. All Online Support Group Leaders receive training to ensure they have the necessary skills before becoming members of the team. If their application is successful, they are invited to our training event. All reasonable expenses are paid for by Endometriosis UK. Our Online Support Group Leaders receive ongoing training via our ongoing training programmes, in office support and our regular newsletters.

### **How do I apply?**

Fill out the application form that is available for download from the website and email it to Victoria [volunteer@endometriosis-uk.org](mailto:volunteer@endometriosis-uk.org).