



Volunteer Role Profile

We're Breast Cancer Now, the UK's largest breast cancer charity – and we're dedicated to funding research into this devastating disease. We believe that if we all act now, by 2050, everyone who develops breast cancer will live, and live well.

Role title	ActWELL Lifestyle Coach
Directorate	Scotland
Breast Cancer Now contact	Volunteer Service Co-ordinator

Our three values

Freethinking	Inventive, Open, Bold, Fearless and Ready to challenge
Affirming	Trusts and Respects, Supports, Inspires and Makes a positive impact
Bright	Expert, Focused, Shows Passion, Energy and Leads the way

Overview of directorate

Breast Cancer Now has a Scotland office, based in Edinburgh, and we are Scotland's leading charity dedicated to stopping women dying from Breast cancer.

Health is a devolved issue and many decisions about breast cancer in Scotland are driven by Scottish-based organisations. So by having a dedicated, physical presence in Scotland, Breast Cancer Now can champion the prevention, detection and treatment of breast cancer.

Our simple, effective public health campaigns are designed to give everyone impartial, evidenced information about breast cancer, its treatments, the signs and symptoms, and the risk factors for the disease. By arming women with the facts, we empower them to take action.

Role Description

ActWELL is an exciting research trial to test an intervention that delivers advice on lifestyle change for breast cancer risk reduction to women over 50. It is a commitment within the Scottish Cancer Plan and Breast Cancer Now have agreed to support the trial through the provision of the volunteer lifestyle coaches.

Lifestyle coaches will support the successful delivery of the ActWELL trial and will be trained in the delivery of evidence based approaches to offer sustainable lifestyle change to participants recruited to the trial (focussing on physical activity, diet and body weight).

Role Information

Location of role	<p>The trial will run in Edinburgh, Glasgow, Dundee, Aberdeen and lifestyle coaching sessions will be delivered in local leisure facilities.</p>
Volunteering commitment	<p>This role is flexible and can be delivered at times that are convenient to both the volunteer and trial participant. It is anticipated that each intervention participant will require approximately 6.5 hours of support over 12 months, including 2 face to face support sessions and 9 follow up phone support sessions.</p> <p>Volunteers would ideally commit to supporting a minimum of 15 trial participants throughout the trial period.</p> <p>It is expected that volunteers will need to commit between 1-3 hours per week. (This is flexible and is dependent on participant recruitment to the trial).</p>
Training and support available	<p>The ActWELL Trial team will deliver 4 training sessions to all volunteers. These sessions will be delivered flexibly to allow for ongoing volunteer recruitment. Training will cover the following:</p> <ul style="list-style-type: none"> • Evidence base for reducing risks of breast cancer by lifestyle • Key principles and application of healthy food and drinks choices, appropriate portion sizes and coping with social consumption challenges • Key principles and application of increased physical activity and reduced sedentary behaviour • Key principles and application of weight management • Personalisation of advice • Motivational interviewing techniques • Use of evidence-based behavioural change techniques • Handling confidential data • The intervention protocol and importance of its delivery. • Confidentiality. • Role play and assessments <p>On successful completion of the training volunteers will receive a certificate in recognition of their achievement.</p> <p>Regular face to face and/or phone support will be provided by the BCN Volunteer Service Co-ordinator. Ongoing support will also be available from the trial team.</p>
Benefits for you	<ul style="list-style-type: none"> • Full certificated training • Learn new skills and enhance your CV. • Develop your knowledge and understanding of lifestyle choices and their impact on the risk of developing breast cancer. • Be part of an exciting and innovative project • Contribute to Breast Cancer Now's ambition and make a difference by helping women become breast aware • Have fun, meet and share experiences with like-minded people • Reimbursement of travel expenses

Duties and requirements

- You will need to be available for a selection session and a 2 day training workshop
- Make contact with trial participants and agree mutually convenient times to arrange support sessions.
- Liaise with local leisure centres to meet staff and check availability of facilities.
- Goal setting with intervention trial participants.
- Arrange and carry out follow up phone calls with trial participants
- Write up session notes on each trial participant
- Attend support and share workshops for volunteers
- Maintain regular contact with Breast Cancer Now Volunteer Service Co-ordinator
- Work co-operatively with all members of staff, volunteers and participants involved in the trial and adhere to intervention protocols.
- Represent Breast Cancer Now

Person Specification

Breast Cancer Now and the research team seek to recruit volunteers who:

- Have experience of counselling/coaching (e.g. from professional experience, sport coaching, relevant experience with a third sector organisation)
- Are committed to undertaking the bespoke project training course focussing on changes in physical activity, diet, body weight and behaviour change techniques
- Understand the importance of following intervention protocol and the importance of contacting the trial team with queries.
- Facility to securely store trial participants personal details and associated paper work (ie locked drawer/ filing cabinet).

Skills and qualities:

- Excellent interpersonal skills, including good listening skills and the ability to influence and motivate others.
- Friendly approachable manner.
- Empathy and understanding towards staff, volunteers and trial participants.
- Reliable and trustworthy
- Professional and sensitive being mindful of confidentiality and anti-discriminatory practices.

Recruitment Process

Complete an online application form, you can access this on [our website](#). Applicants will be contacted for an informal interview, with the Volunteer Service Co-ordinator, either face to face or over the phone, whichever is more practical. Subject to two satisfactory references, applicants will be invited to attend an information and selection session with Breast Cancer Now and the trial team. The information session makes up part of the recruitment process and will allow the trial team to select suitable applicants who will be recommended for the training sessions.

If you would like some more information or have any questions please contact Amy Hickman, Volunteer Service Co-ordinator on 0131 240 2851 or email volunteerscot@breastcancernow.org