

# ONLINE PUBLIC HEALTH VOLUNTEER ROLE

## **Our Online Public Health Talks**

Public health talks cover important information about breast cancer and are delivered to community groups and workplaces across the UK.

This role offers the opportunity to speak on behalf of Breast Cancer Now to raise awareness of our key prevention and early detection messages.

Delivering public health talks online enables us to continue to offer our public health messages whilst social distancing restrictions are in place. We will plan a return to face-to-face delivery of our public health talks when current Covid-19 restrictions allow. Online Public Health volunteers will also be given the option to deliver in person talks and will be offered any additional support required for them to do so.

## **What skills and qualities do I need?**

As an Online Public Health volunteer, you will be delivering public health talks to workplaces and community groups virtually on video conferencing platforms such as Zoom or Microsoft Teams. To do this you will need:

- To be a confident public speaker with excellent communication and people skills
- To be confident in using IT: Talks will take place on a variety of video conferencing platforms. Therefore, all volunteers must have access to a laptop, desktop, or similar device (tablet or mobile phones are not suitable) and be able to use video and share screens.
- A commitment to represent Breast Cancer Now in a professional manner and work within our policies and guidelines.
- To be reliable and organised with the ability to operate independently and demonstrate initiative.
- Enthusiasm and motivation to make a real difference.
- An interest in raising awareness of breast cancer, though you do not need to have had a personal diagnosis of breast cancer.

## **What training and support will I receive?**

Volunteers will be asked to attend a Welcome Workshop and take part in role specific training. The training will be a mixture of online sessions delivered on Zoom, self-directed learning and independent reading.

An opportunity to shadow other Public Health volunteers delivering online talks.

A named staff contact for on-going support and to allocate talk requests.

Regular updates and information from the Public Health and Wellbeing team and opportunities to network with other volunteers.

### **What commitment is required?**

Attend and complete all necessary training for the role including:

- An online welcome workshop with our volunteering team, lasting approximately 2 hours.
- Two online role specific sessions, each lasting approximately 2 hours.
- Self-directed learning made up of further reading, watching pre-recorded videos and familiarising yourself with our health information and resources.

Maintain regular contact with the Public Health and Wellbeing team

Deliver online breast awareness talks. The number of talks delivered will be dependent on talk requests received by Breast Cancer Now, as a guide we would aim for volunteers to deliver at least 6 online talks a year.

Adhere to Breast Cancer Now's policies, procedures and deliver our evidence-based health information.

### **What will I gain from volunteering in this role?**

As an Online Public Health volunteer, you'll be part of the UK's foremost breast cancer charity helping us to achieve our vision, that by 2050, everyone diagnosed with breast cancer lives and is supported to live well, and have the opportunity to:

- Make a difference by raising awareness of breast cancer, improving detection and diagnosis of breast cancer, and sharing our knowledge to help prevent breast cancer developing.
- 'Give something back'; many volunteers report feeling a greater sense of purpose and mental wellbeing as a result of their volunteering.
- Enhance your CV by gaining confidence, new skills and experience.
- Network and meet new people as part of the wider BCN volunteering community.

If you would like to find out more information about this role, email the Public Health and Wellbeing team [phvolunteer@breastcancernow.org](mailto:phvolunteer@breastcancernow.org)