

Peer Discussion Forum Volunteer Information

Thank you for your interest in becoming a Peer Discussion Forum Volunteer for Myeloma UK. Myeloma UK are looking for volunteers who are willing to share their experiences of living with myeloma or related condition (e.g. MGUS or AL amyloidosis) with other people posting on the discussion forum. If you have experience of supporting someone with myeloma or related condition, either as a carer, family member or friend, we would also like to hear from you.

Peer Discussion Forum Volunteer role description

- Writing knowledgeable posts for the Myeloma UK discussion forum
- Responding to posts from people seeking support on the Myeloma UK discussion forum
- Sharing relevant personal experiences on the Myeloma UK discussion forum
- Sharing information and signposting to places of further support if necessary
- Dedicated weekly timeslot for interaction
- Adherence to relevant GDPR regulations

Peer Discussion Forum Volunteer person specification

- Basic technical abilities – e.g. the ability to create and respond to posts on the Myeloma UK forum, post web links, etc.
- Good level of knowledge about myeloma and/or related conditions (e.g., MGUS, AL amyloidosis)
- Willingness to share personal experiences
- Good written communication skills
- Commitment to self-care
- A non-judgmental, warm, and empathic approach
- Reliability and good time keeping
- Willingness to utilise support from the Peer Programme Coordinator

About the Myeloma UK Discussion Forum

The Myeloma UK discussion forum is a place where patients with myeloma or myeloma related conditions and their families can come together to interact with each other and receive support and guidance. The forum is also a repository of information that people can access about other patients' experiences of myeloma or a related condition. You can find the Myeloma UK discussion forum on the Myeloma UK website at forum.myeloma.org.uk

In order to make the forum a vibrant and interactive space, Myeloma UK are setting up a Peer Volunteer programme which will help ensure the forum is a primary destination for people seeking support with their myeloma.

Peer Discussion Forum Volunteer FAQ

What is Peer Support?

Put simply, Peer Support is when people use their experiences to help each other. Peer Support is growing in recognition as a valuable element of holistic care for people living with long term health conditions.

Peer Support can take many forms, such as face to face or online Support Groups, a Buddying or Befriending service, or discussion forums such as Myeloma UK. The distinguishing thing is that the support offered is from someone who has experience of what the person/people seeking support are going through.

What will I need to do as a Peer Discussion Forum Volunteer?

Myeloma UK recognizes that people with experience of myeloma or a related condition are equipped with very valuable knowledge which can be of great help to other people. All that Myeloma UK would like Volunteers to do is to contribute these experiences and provide links to places of help and support to other people posting on the Forum. You are in charge of what you share, and you will only need to share information that you feel comfortable with being in the public domain.

From time to time we may also wish to run 'live' sessions where Peers take part a Q&A about particular areas they have experience in. These will be arranged in advance and promoted via our social media channels.

Will I be expected to moderate the forum (i.e. remove posts and people)?

No. If you see any abuse of the forum, you will just need to let Myeloma UK know and the posts will be looked at, removed, and the poster banned if this is necessary.

Do I need any particular skills?

Basic technical skills will be required – you will need to be able to create an account on the Myeloma UK discussion forum. You will also need to be able to write and respond to posts written by other forum members.

Rather than any sophisticated technical skills, you will need to be warm and empathic in your responses to other forum users, with the willingness to offer support and your own experiences.

How much time will I need to spend on the forum?

To make sure that posters on the forum get a timely response to their messages, Myeloma UK is looking for volunteers who can commit to a two hour per week timeslot, on a day that suits your circumstances. On the application form you can nominate a time or times that suit you. If you wish to volunteer for more than one timeslot, this is possible.

Will I receive training?

Yes, we will provide training about Myeloma UK, myeloma, and guidance on writing effective posts and empathic language. This will take place online.

How do I apply to be a Peer Discussion Forum Volunteer?

You just need to complete the [Peer Discussion Forum Volunteer application form](#) and give us the name of a referee who can comment on your ability to be a volunteer.

The application form can be found on our website at:

myeloma.org.uk/peer-forum

I need some more information about the Peer Programme

If you want to speak to someone about the Peer Programme then you can contact the Peer Programme Coordinator by emailing peer@myeloma.org.uk, or calling the Infoline on 0800 980 3332 (UK) or 1800 937 773 (Ireland).