

## Support Volunteer

|                        |   |
|------------------------|---|
| <b>Role</b>            | Support Volunteer   |
| <b>Type</b>            | Voluntary   |
| <b>Base</b>            | Home based, Remote  |
| <b>Volunteer Hours</b> | 7pm - 10pm for at least one session every two weeks, Monday to Friday, with additional time for training and meetings                   |
| <b>Organisation</b>    | Nurse Lifeline<br>(Registered Charity no. 1190239)<br><a href="https://www.nurselifeline.org.uk/">https://www.nurselifeline.org.uk/</a> |

### About Nurse Lifeline

Founded in 2020, Nurse Lifeline is a newly registered Charitable Incorporated Organisation which aims to launch a peer-led listening service to support the mental and emotional health and wellbeing of nurses, midwives, healthcare assistants and the friends and family of such staff.

Statistics regarding the mental health of nursing and midwifery professionals have been widely circulated, highlighting issues that have only been exacerbated by recent global events. United by an acute awareness of the pressures facing this workforce and driven to create change, Nurse Lifeline was developed collaboratively by a small group of frontline nurses and midwives striving to create a free, anonymised platform through which colleagues may be supported.

We know that our strength lies not only in the words we stand by, but most importantly through the actions of our initiatives.

Set to change the landscape of emotional support and wellbeing, Nurse Lifeline presents an exciting opportunity for registered nurses and midwives to join this organisation to develop and implement this innovative project, 'by nurses, for nurses'.

Our vision is to provide a space for all nurses, midwives, health care support workers and the friends and family of such staff to decompress and chat with a peer via a confidential listening service, with your support. We are also launching an email based service in July 2023 which will allow service users to be able to offload by emailing in. Nurse Lifeline aims to foster a positive community, provide encouragement, and empower those within the nursing and midwifery workforce. We believe it's time to get talking about mental and emotional health.

## Essential Requirements:

- A passion for supporting colleagues' emotional wellbeing
- Willingness to learn and available to undertake training
- Available to be 'oncall' for the support service for at least **2 evenings per month - plus 1 reserve.**
- To reply to service user's emails while on shift
- Confident with IT to manage the call handling system, with training and support
- Ability to volunteer from home via our 'virtual call centre' - we need you to have a laptop or computer, a mobile phone and good Wi-Fi connection
- Open to undergoing a DBS check
- Able to provide evidence of recent safeguarding training or willing to undertake
- A 'can do' attitude and willingness to roll your sleeves up, metaphorically speaking
- Excellent communication skills including active listening

## Qualities

- Empathetic and warm
- Supportive
- Discreet
- Non-judgemental
- Trustworthy
- Personally resilient and proactive about self-care
- Punctual and reliable

## Responsibilities Specific to role as Telephone Support Line Volunteer

- To complete relevant and appropriate training and attend team meetings.
- To work within the policy framework of Nurse Lifeline to ensure safeguarding and confidentiality.
- To escalate concerns in line with Nurse Lifeline procedures.
- To work alongside other Volunteers and take calls coming through the helpline
- Act as an advocate for call handling volunteers and point of contact between Operations manager and volunteers.

Able contribution to this project and volunteering your time and expertise, please do not hesitate to direct any enquiries to:

[ops@nurselifeline.org.uk](mailto:ops@nurselifeline.org.uk)

**If you feel you may have issues committing 2 evening shifts per month, then please do not apply.**