**Volunteer Role**

**Description:** OPE Cancer and Wellbeing Champion

**Based:** OPE London Borough of Redbridge

**About the role**

A volunteer Cancer and Wellbeing Champion's role at One Place East (OPE) involves talking to, and empowering your community to reduce cancer fear, promote early detection through screening, and encourage healthy lifestyles. Champions help people understand cancer signs, navigate the health system, access support services, and overcome barriers to care, often by attending events, providing information, and signposting local resources.

**Why We Need You**

OPE is working to improve access to cancer screening and treatments for Disabled People across North East London. We want to ensure they have the same opportunities for early detection and improved outcomes after treatment. Cancer affects all of us but we want to make sure Disabled People have the same chances of survival as everybody else.

**Key Responsibilities**

**Raise Awareness:**

Talk about cancer in a way that reduces fear and encourages positive action and conversation.

**Promote Early Detection:**

Help people understand the importance of cancer screening, know their bodies, and recognise potential signs and symptoms.

**Support Healthier Lifestyles:**

Advocate for healthy habits such as balanced eating and regular physical activity.

**Provide Information:**

Share information about cancer prevention, signs, and available support services with community members.

**Signpost to Support:**

Help individuals understand information from doctors and nurses and guide them to relevant support services and appointments.

**Community Engagement:**

Attend events, local groups, and community organisations to share information and represent One Place East (OPE) as a Cancer and Wellbeing Champion.

**Wider OPE:**

* Promote OPE and help with marketing our services
* Understand and work within OPE policies including Equalities and Diversity, Safeguarding, Health and Safety and Confidentiality
* Keep simple records of the number of people you talk to about cancer and give them to the OPE admin staff for our records

**Training & Support**

OPE have created a new accessible training programme to support Disabled People gain the knowledge and skills for this role. It is all free and includes the chance to gain two Level 2 qualifications.

**Free Training:** Cancer and Wellbeing Champions must complete a seven-week training programme 1-day per week to gain the necessary knowledge and skills.

This will be followed by a practical training programme, where trainees will get the chance to practice their new skills, with personalised support to build confidence.

**Ongoing Resources:** You will be provided with resources and support to help you in your role. This includes factsheets, videos, podcasts and link to lots of useful websites.

**Flexibility:** Once the initial training is complete, the role is flexible. OPE may ask you to participate at events to help raise awareness and reach more people.

**What You Gain**

* Out of pockets travel and food expenses
* Comprehensive training to give you with the knowledge and skills to spread cancer awareness
* Chance to gain Royal Society of Public Health (RSPH) Level 2 Qualifications in Understanding Health Improvement and Nutrition for Health (multiple choice tests involved in a supportive setting)
* Helping Disabled People get better health outcomes and overcoming barriers to services
* Skill development in communication, event coordination, and health promotion
* Qualifications and experience that can help when job seeking. OPE is happy to provide references.

**Skills Needed**

We are looking for people with lived experience of disability, mental ill-health or long term health conditions 18+, who want to make a difference.

No previous experience is necessary as full training will be provided

* Good listening skills
* Respect for others
* Kindness and an interest in learning from other people’s experiences
* Any special skills you might have (like driving or using computers)