

# VOLUNTEER PACK

lancashire **lgbt**



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# OUR SERVICES



- INFORMATION SERVICE
- 1-2-1 SUPPORT SERVICE
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- SUPPORT AND ACTIVITY GROUPS
- WEBINARS AND WORKSHOPS PROMOTING WELLBEING AND IMPROVING MENTAL HEALTH



## Gender Outreach

We also have a partnership with Leeds and York NHS Gender Identity Service and host their dedicated gender outreach workers who offer 1-2-1 support to trans and non binary people at our office in Preston.

# BEING A VOLUNTEER



**MANY OF THE SERVICES WE PROVIDE ARE RUN  
BY OUR VALUED TEAM OF VOLUNTEERS**

**AS A LANCASHIRE LGBT  
VOLUNTEER, YOU WILL HAVE  
THE OPTION TO BE EITHER:**

**(I) AN EVENTS VOLUNTEER**

**(II) A PEER SUPPORT GROUP  
CO-FACILITATOR**

**(III) A WALK LEADER**

**OR, (III) A VOLUNTEER  
COUNSELLOR**

## **VOLUNTEER QUALITIES WE LOOK FOR:**

- **LIVED EXPERIENCE OF  
BEING LGBTQ+**
- **SUPPORTIVE AND  
EMPATHETIC**
- **PASSION FOR  
SUPPORTING LGBTQ+  
PEOPLE**
- **GOOD LISTENING SKILLS**
- **STRONG SENSE OF  
BOUNDARIES**
- **COMMITMENT AND  
RELIABILITY**
- **ENJOYS BEING PART OF A  
TEAM**

# BEING A VOLUNTEER



## **(I) EVENTS VOLUNTEER**

### **AS AN EVENTS VOLUNTEER YOU WILL:**

- ATTEND EVENTS WITH LANCASHIRE LGBT TEAM MEMBERS
- MEET AND NETWORK WITH MANY PEOPLE
- HAND OUT LEAFLETS AND ANSWER QUESTIONS ABOUT OUR ORGANISATION AND OUR SERVICES
- RECOMMEND OUR SERVICES TO LGBTQ+ PEOPLE AND/OR THEIR FAMILIES

## **(II) PEER SUPPORT GROUP CO-FACILITATOR**

### **AS A PEER SUPPORT GROUP CO-FACILITATOR YOU WILL:**

- ATTEND AND CO-FACILITATE A PEER SUPPORT GROUP
- PLAN AND LEAD A GROUP DISCUSSION AROUND RELEVANT TOPICS FOR GROUP MEMBERS
- MODERATE GROUP DISCUSSION, ENSURING THE GROUP CONTINUES TO BE A SAFE SPACE FOR ALL MEMBERS
- SIGNPOST TO SPECIALISED SERVICES

# BEING A VOLUNTEER



## (III) WALK LEADER

### AS A WALK LEADER YOU WILL:

- WORK ALONGSIDE OTHER WALK LEADERS TO PLAN MONTHLY WALKS WITH ROUTES LASTING BETWEEN 5-7 MILES THAT ARE ACCESSIBLE FOR CAR OWNERS AND CLOSE TO PUBLIC TRANSPORT
- WALK THE ROUTE WITH THE OTHER WALK LEADERS TO CHECK FOR HAZARDS
- SEND DETAILS OF THE WALK (ROUTE, CAR PARKING, PUBLIC TRANSPORT) TO THE VOLUNTEER MANAGER
- LEAD THE WALK WITH OUR WALKING GROUP, MAKING SURE EVERYONE SIGNS IN AND IS LOOKED AFTER
- REPORT BACK TO LANCASHIRE LGBT AND POST SIGNING IN SHEETS TO OUR PRESTON OFFICE

# BEING A VOLUNTEER



## (IV) VOLUNTEER COUNSELLOR

### AS A VOLUNTEER COUNSELLOR YOU WILL:

- PROVIDE SIX TO EIGHT COUNSELLING SESSIONS REMOTELY
- ABIDE BY CONFIDENTIALITY POLICY AND OUR OTHER POLICIES
- FOLLOW LANCASHIRE LGBT SAFEGUARDING PROCEDURES
- CONDUCT REGULAR MENTAL HEALTH AND WELLBEING ASSESSMENTS WITH BENEFICIARIES (GAD-7 AND PHQ-9)
- BE A MEMBER/STUDENT MEMBER OF AN ETHICAL BODY (BACP FOR EXAMPLE) AND AGREE TO SUPERVISION THROUGH YOUR COLLEGE/UNIVERSITY
- ATTEND MONTHLY COUNSELLOR PEER SUPPORT MEETING WITH PROGRAMME COORDINATOR AND SUPPORT WORKER

# WHAT TO EXPECT



## WHY VOLUNTEER WITH LANCASHIRE LGBT?

- ALL LANCASHIRE LGBT VOLUNTEERS RECEIVE COMPREHENSIVE TRAINING
- WE PAY FOR VOLUNTEERS TO BE DBS CHECKED
- WE PAY FOR VOLUNTEER COUNSELLORS TO RECEIVE SUPERVISION
- WE PAY FOR TRAVEL EXPENSES
- BECOME PART OF A FRIENDLY AND SUPPORTIVE TEAM
- MEET A COMMUNITY OF FELLOW LGBTQ+ PEOPLE
- RECEIVE SUPPORT FROM OUR VOLUNTEER MANAGER
- ATTEND PRIDE EVENTS AND JOIN LOCAL AND NATIONAL LGBTQ+ NETWORKS
- IMPROVE PROFESSIONAL DEVELOPMENT
- YOU WILL HELP LANCASHIRE LGBT FULFIL ITS MISSION TO PROVIDE SUPPORT TO ALL LGBTQ+ INDIVIDUALS, AND THEIR FAMILIES, IN LANCASHIRE





# OUR CONTACTS



FOR MORE INFORMATION CONTACT OUR  
PROGRAMME COORDINATOR AT:

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[WWW.LANCSLGBT.ORG.UK](http://WWW.LANCSLGBT.ORG.UK)



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[WWW.FACEBOOK.COM/LANCASHIRELGBT](http://WWW.FACEBOOK.COM/LANCASHIRELGBT)



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