

Macmillan Cancer Support Champion



Volunteer Role: Macmillan Cancer Support Champion

Where You'll Be Based: Hastings and Saint Leonards

Why We Need You

Hastings Voluntary Action is working with Macmillan Cancer Support to help people learn about local services for those affected by cancer. We want to make it easier for people to get the support they need.

Personal contact is very important. That's why we are looking for Cancer Support Champions in Hastings to help raise awareness and connect people with health services.

What Will You Do?

Your tasks may change based on what the community needs, but here are some things you will do:

- **Talk:** Have simple chats to tell people about local services and encourage them to be aware of cancer.
- **Encourage:** Help people take steps to get the support they might need.
- **Listen:** Understand what stops people from getting help and what challenges they face.
- **Reduce Stigma:** Share positive messages to break down myths about cancer and those affected by it.
- **Care:** Speak kindly and respectfully to people at home, work, or in the community.
- **Learn:** Each conversation will teach you something new about living with cancer.

Ways You Can Help

You can help in different ways, such as:

- Being a helpful resource in your workplace or social group.
- Sharing information on social media to reach more people.
- Joining events to raise awareness.
- Starting a small project to share information.



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What Skills Do You Need?

- Good communication skills
- Good listening skills
- Respect for others
- Kindness and empathy
- Any special skills you might have (like driving or using computers)

What Training Is Offered?

We provide training to help you learn more about cancer and how to talk to people. Free training includes:

- Making Every Contact Count: How to have helpful conversations.
- Mental Health Awareness: Basics about mental health.
- Cancer Awareness: Information about cancer and support available.

What's in It for You?

- Feel good about making a difference in your community.
- Meet new people and learn how charities and health services work.
- Gain practical skills in talking to and helping others.
- Build confidence and improve your job prospects.
- Be part of a friendly team that makes a positive impact.
- Get training and support for your role, and have expenses reimbursed.

How to Get Involved

To start, we will have a simple, informal chat. There are no strings attached. This is your chance to tell us what you want to achieve as a Cancer Champion and how we can support you. We can talk in person, on the phone, or online—whichever works best for you.

