



# Nest Friends

## Part of the Menopause Peer Support Network (MPSN)

### Volunteer Role Description

Aim: To support and empower women and menstruators as they transition through perimenopause and menopause, by reducing anxiety, increasing well-being and supporting.

#### Outline of role and responsibilities

- To receive training and induction into The Nest community
- To regularly attend and/or facilitate upcoming Nest menopause support sessions
  - Peer support group
  - Menopause Cafe
  - Grief circle
  - Book club
  - Walking group
- To be a supportive listening ear to service users, sharing appropriate information and signposting where appropriate
- To observe The Nest policies and procedures
- To maintain boundaries
- To be a compassionate non-judgmental space holder

#### Essential personal qualities

- Lived experience and/or interest in the menopause experience
- Good listening skills
- Non-judgmental, respectful and inclusive

- Reliable
- Good communication skills
- Able to maintain confidentiality

### Time commitment

Ideally a minimum 6 month commitment, attending at least one session per month.

### Support available for volunteers

- Induction into The Nest - policies, procedures, code of conduct
- One day in person training on Saturday 24th September 2022. 10am - 4pm in Exeter (location TBC) to cover active listening techniques, safeguarding, basic biological understanding of fertility cycle and menopause, overview of local healthcare services, cultural competency, LGBT+ inclusive language
- Supervision and mentoring
- Regular volunteer get-togethers
- Reimbursement of expenses (travel costs, refreshments)

### Next steps

- Contact Hazel for an informal chat. Email: [hazel.thenestsw@gmail.com](mailto:hazel.thenestsw@gmail.com)  
tel: 07876267591
- Or go straight ahead and fill in an application form
- <https://forms.gle/JjZ18258Eh1n2ECp6>
- Then come to interview (on Zoom) to talk through the process
- If you're successful, start your induction into The Nest community & train to be a 'Menopause Peer Supporter' and then start peer supporting in the local community to help people going through the menopause to gain confidence and skills.

### Important dates

- Apply Now:
- Deadline for applications: Friday 19th August
- Come to interview with the Nest menopause team to chat through the role: 20 minute interview slots on ZOOM. Tuesday 23rd August (between 9am - 11am) or Wednesday 24th August (3pm-6pm)
- If successful, sign up as a Nest volunteer and join the team
- Come to our training day on Saturday 24th September 10am-4pm, in-person at a location in Exeter (exact location TBC)
- From October 2022 start volunteering with the running of new Nest Menopause groups.