



Wellbeing Facilitator

Volunteer Role Description

Across the UK we deliver vital services and provide support for people affected by MS. This allows us to instil sense of belonging, unity and friendship and connect people to relevant services and our local MS community.

As a Wellbeing Facilitator you will play a key role in co-delivering sessions to the MS Community and to service providers used by the MS Community.

In this role you'll develop your confidence and presentation skills as well as working as part of a team to achieve specific goals.

Most importantly you'll help people affected by MS to access services and improve their well-being.

What the role involves

This role may vary depending on needs, but is likely to include:

- Where appropriate co-designing the training course
- Meeting with training partner to plan and organise training sessions face to face and/ or virtually
- Facilitating training sessions with another volunteer or a member of staff
- Liaising with the project coordinator to plan, organise, facilitate and review sessions as necessary
- Ensuring attendees and volunteers are safe and supported and communicating any concerns

We can support you to develop the skills you need for this role, including an induction into all the areas outlined. You will have a chance to discuss your role and any additional needs with us.

Together, we are strong enough to stop MS.

Multiple Sclerosis Society. Registered charity numbers 1139257/SC041990. Registered as a limited company in England and Wales 07451571.

What you need for this role

Essential

- Attend training and development opportunities
- Experience of living with MS
- Demonstrative ability to manage when and how to share your experiences appropriately
- Willing and able to follow our guidance and feedback and implement changes to practice upon receiving feedback
- Can recognise and respect a person's individuality, no matter their needs, views, attitudes and lifestyle
- Comfortable using the internet and email
- Able to keep people's personal data safe
- Committed to our values

Desirable

- Keen to develop skills and experience
- Enjoys volunteering as part of a team
- Has a clear understanding of our personal care and safeguarding policies
- Organised and able to plan
- An effective, clear communicator
- Comfortable speaking in front of groups
- Comfortable to share own experience of living with MS
- Effective facilitation skills, demonstrating the ability to manage group discussions and covering session material within time allocated

In order to volunteer in this role you will need to:

- Read through your welcome and induction checklist
- Take part in must do refresher training where necessary

Additional information about our Volunteering programme:

When you volunteer with us, you join our powerful community of people living with MS, scientists, campaigners, listeners, organisers, ambassadors and fundraisers. Our Volunteering Programme holds the prestigious Investing in Volunteers (IiV) accreditation. This award recognises our dedication to ensuring all volunteers have an excellent experience – from when we recruit you, through supporting you to develop skills and experience, to recognising your achievements.

Our shared commitments help keep our Volunteering Programme enjoyable, meaningful and safe for everyone.

Download [Our Commitments](#) here.