

# WMUK Buddy Service

## Role Description and Application Form

TYPE OF OPPORTUNITY	TIME COMMITMENT	EXPENSES
A voluntary role providing one-to-one peer support to other members of the WM community.	Variable – please see role description for further information.	This is a voluntary role, but any reasonable associated expenses will be covered by WMUK. These will be pre-agreed.

### Summary:

WMUK often get the feedback that patients would like the opportunity to speak with others living with WM and who may share a similar experience to them.

To help provide this opportunity, WMUK have created a Buddy Service that will pair up those who are wanting to seek more support, with those who are open to sharing their experiences.

We're looking for members of the WM community to be a part of this exciting service and become a Buddy.

As a volunteer with our Buddy Service, you'll provide peer support to others living with WM by sharing your personal experiences, being a listening ear, and signposting back to the WMUK clinical support team when needed.

If you would like to become a Buddy, please read the information below before completing the application form.

### How the role works:

Buddies and those needing support will be matched based on similar experiences, such as symptoms or treatments. Buddies and their supported person will then have up to 8 contact sessions over a 3-month period. They can chat over the phone or email, whichever they prefer, sharing their experiences of living with WM. Buddies can support up to 3 people if they wish.

### Buddy Role Criteria:

The below criteria must be met to apply for this role – this is to ensure the continued safety of applicants:

- You have a confirmed diagnosis of Waldenstrom’s macroglobulinaemia (WM) or Lymphoplasmacytic Lymphoma (LPL).
- You need to be at least 12 months post-diagnosis.
- If you have recently received treatment for your WM or LPL, you must be 3 months post treatment. If you are on continuous treatment (e.g. Ibrutinib, Zanubrutinib), you must be 3 months post-starting your treatment.
- We ask that you have had your first follow-up appointment with your clinical team post diagnosis/completion of treatment/starting continuous treatment – and be deemed clinically stable.

### **What we expect of Buddies:**

1. Buddies will be expected to offer 8 contact sessions over a 3-month period with each person they support.
2. Buddies must be non-judgemental and empathetic.
3. Due to the nature of the role, you need to be comfortable sharing some of your own experiences, as well as being comfortable speaking with people who may have a different background or experience to yourself.
4. Buddies must not give clinical advice or provide any counselling.
5. Let WMUK know if any circumstances change meaning you are no longer able to provide Buddy support.

### **What Buddies can expect of WMUK:**

1. We will provide an induction prior to you starting to supporting people.
2. WMUK will facilitate the matching of Buddies to supported people and will provide resources and templates to help you with the initial introductions.
3. The supported people will complete an agreement to ensure any personal information you may share with them remains confidential e.g. name, contact details and any details of your condition or treatment.
4. The WMUK Support Team will speak with all supported people before allocating them to a buddy, to ensure they have fair expectations of the service and will be

suitably matched.

5. Ongoing 3-monthly 'Support Session' over Zoom with other Buddies, where you can debrief, share experiences and ask advice of other Buddies.
6. One-to-one support sessions with a designated contact from the WMUK Support Team.

If you meet the above criteria and feel that this is a role you would be able to fulfil then we would love to hear from you and ask for you to complete application form on the WMUK website.

Applicants who meet the criteria will be invited for an informal chat with WMUK's Support Team to discuss the Buddy role further.

If you have any further questions about the role or the application, then please do not hesitate to contact us on [info@wmuk.org.uk](mailto:info@wmuk.org.uk)