



Volunteer Role: Peer Support Volunteer

Where you'll be based: Remote or in your local community

Why we want you:

We need volunteers who have experienced smell and taste disorders and are eager to help others.

Whether it's hosting our #LetsTalkSmellAndTaste sessions online or helping to start or support local support groups, your dedication will build important connections and support networks for those with these disorders.

Your empathy and understanding can make a significant difference in someone's journey toward acceptance and living well with a smell or taste disorder. Join us in creating a lasting impact, raising awareness about these conditions, and supporting the important work of Fifth Sense.

"This is incredible, this is the first time that I have met others with congenital anosmia. I feel quite tearful hearing all your stories that are the same as my story" Fifth Sense Member at a Peer Support Group

What you will be doing:

To help us offer peer support to Fifth Sense members you can be active in various ways:

- Hosting or supporting #LetsTalkSmellAndTaste online sessions
- Assisting in starting and running local peer groups
- Supporting Fifth Sense events
- Offering peer support to Fifth Sense members either face-to-face, through email, or over the phone
- Guiding people to the benefits of joining Fifth Sense and show them the wide range of resources available on our website

Skills needed:

1. Ability to understand and support community members without judgment.
2. Effective communication with both individuals affected by smell and taste disorders and organisational partners.
3. Active listening to understand the needs of those seeking support.
4. Coordinate supportive activities, events, and peer support sessions (optional)
5. Comfortable using online platforms for virtual support chats and accessing resources (optional).

6. Ability to set up and coordinate groups (optional).
7. Facilitation skills (optional).

What's in it for you:

- Participate in local and national events and interact with volunteers and staff
- Collaborate with a friendly team, meeting new people
- Support Fifth Sense, the UK's leading taste and smell disorders charity
- Receive a thorough induction and access to diverse training opportunities

Disclaimer:

A face-to-face meeting and two references will be required, and training will need to be completed before the role commences. We will also need to carry out a DBS check. Expenses will be reimbursed for return journeys from home based on public transport cost or mileage at standard rates for Fifth Sense. Roles are offered on a 3-month trial basis to give Fifth Sense and the volunteer time to decide if they are suited to each other.

