

VOLUNTEER ‘specific project contributor’ (Virtual)

ROLE PURPOSE – Trans people needed to contribute to developing a digital resource on trans people's experiences in menopause. This is a flexible short-term research project exploring and reporting on trans people’s experiences in menopause for a white paper insert.

Please note that this role is drawing on trans people’s experiences. We appreciate that this could be triggering and emotionally draining for both volunteers and, potentially, interviewees. Therefore, volunteer care (towards the team and self) and interviewee care are of the utmost priority.

PROJECT INFORMATION - The Diversity Trust is producing three white papers aimed at employers focusing on different equalities strands of diversity in menopause. The first one on Disability has already been published and you can view it [HERE](#).

We’re now working on the second one which is focused on LGBTQ+. One team member is leading on the overall white paper. However, we recognise that, within this, the trans experience is very specific, and we therefore wish to honour this by producing a section (think of a pullout insert in a newspaper) which concentrates on the trans peri/post menopause experience. To be authentic, we believe this research must be led by trans people.

We currently have 2 volunteers working on the trans menopause insert. However, we now wish to grow this volunteer team to share this piece of work. We think that the volunteering role COLLECTIVELY could be approximately c15 hours/week until end March 2025. This means that these hours could be shared between several volunteers, perhaps each volunteering for 2-4 hours/week, depending on their availability.

Ideally, we need volunteers who can start immediately or as soon as possible. The time commitment would be flexible and agreed with the staff project lead and the volunteer. If you are interested in applying for this volunteer role or would like to discuss further before deciding whether to volunteer, please email Trudie at volunteer@diversitytrust.org.uk.

MAIN VOLUNTEER TASKS AND ACTIVITIES:

- To attend and participate in project planning meetings.
- To help analyse the transcripts from some volunteer peri/post-menopausal interviewees (3-5) from the trans community (these will become case studies, be quoted from and inform any recommendations for practice). Other volunteers are leading on undertaking the interviews and a literature review.
- To help provide some description of the peri/post-menopausal experience for trans people as this is not widely known about and therefore not understood by the public (one of our staff team members is willing to provide some pointers; this can be augmented by other conversations, research etc).
- To help provide some guidance for employers for their trans staff team members who are menopausal.

MAIN SKILLS, EXPERIENCE AND QUALITIES: What we would expect you to demonstrate in your application form.

- A member of the trans community (ideally with experience of the menopause (lived or learned))
- Non-judgmental attitudes and beliefs
- Commitment to equality, diversity, equity and inclusion
- Communication skills, including ability to write in an accessible, informative way for the target audience (employers).
- Confident and sensitive when speaking to people and able to make them feel safe when talking about this topic
- Enthusiastic and have a commitment to your volunteering role
- Willingness to learn
- Teamwork

OTHER SKILLS, EXPERIENCE AND QUALITIES – (these are desirable, and we would aim to support volunteers in developing these)

- Planning and Organisational Skills.
- Some research experience (or something along these lines) in a voluntary/paid capacity, such as being able to conduct interviews and then pull out the salient points and synthesise these into the overall narrative.
- Access to the trans community.

WHAT WE WOULD LIKE TO SEE FROM YOU:

- Due to the nature of this role drawing on ‘lived experiences’ of trans people, we are aware this could be triggering emotionally for volunteers and participants. Therefore, volunteers should understand and be able to acknowledge and manage their own wellbeing and self-care. They should also prioritise the wellbeing of other volunteers and participants volunteering on this project.
- Let us know if you cannot meet your volunteering commitments – ideally at least 24 hours before you start volunteering.
- Letting us know if are experiencing any problems or need additional support whilst volunteering
- Carry out your volunteering commitments in line with all our policies and procedures and ensure you are demonstrating behaviours that align with The Diversity Trust’s social objectives. mission, values, and how we work
- Attendance at a volunteer induction session – with the project lead staff member
- Willingness to undertake a DBS check (level of which) depending on requirements of the role.
Volunteering remotely, you should have access to your own laptop, a stable internet connection and a quiet space to have meetings/interviews with participants.

WHAT YOU CAN EXPECT FROM US:

- The opportunity to be part of this unique project moving the dial to mainstream the diverse equalities aspects of menopause, in this case, the trans experience.
- A solid volunteer role in a friendly, supportive team.
- An interesting project that you’ll be able to shape according to your research and insights. Your input will be credited in the final document.
- Out of pocket expenses – in line with our volunteer expenses policy
- Opportunities to meet other people and develop connections
- To use your skills and experience to help other
- Confirmation of your volunteering reference
- Supported by the project staff and the wider staff team

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