

Volunteer ‘specific project contributor’ (Virtual)

ROLE PURPOSE – Volunteer needed to contribute to the exploration of the reporting on LGBTQ+ people's experiences in menopause. This is a flexible short-term research project exploring and reporting on LGBTQ+ people's experiences of menopause.

Please note that this role is drawing on LGBTQ+ 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 of our staff team is leading on the overall white paper. However, we would like volunteers from the LGBTQ+ community to contribute to this important project.

Ideally, we need a volunteer 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 TASKS AND ACTIVITIES of this Volunteer role.

- To attend and participate in project planning meetings.
- To help identify some volunteer peri/post-menopausal interviewees (3-5) from the LGBTQ+ community (these will become case studies, be quoted from and inform any recommendations for practice)
- 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 general public (one of our staff team members is willing to provide some

pointers; this can be augmented by other conversations, research etc). This will also include any pre-existing references from a literature review undertaken by a staff member.

- To help provide some guidance for employers for their LGBTQ+ staff team members who are menopausal.

MAIN SKILLS, EXPERIENCE AND QUALITIES, that we would expect you to demonstrate on you application.

- A member of the LGBTQ+ community (ideally with experience of the menopause (lived or learned))
- Non-judgmental attitudes and beliefs
- Commitment to equality, diversity, equity and inclusion
- Planning and organisational skills
- Communication skills, including ability to write in an accessible, informative way for the target audience (employers).
- 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.
- 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

WHAT WE HOPE FOR FROM YOU

- 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
- You will volunteer remotely and have access to your own laptop, 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 others
- Confirmation of your volunteering reference
- Supported by the project staff and the wider staff team

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