

My Stroke Guide (MSG), is an online tool designed to help individuals manage their own condition after a stroke. My Stroke Guide buddies visit stroke survivors and their families and carers and introduce them to this tool. Buddies can operate in their local community or through a local group or one of our commissioned services.

MSG buddies help stroke survivors, and those close to them, learn how they can register with and use My Stroke Guide to support them in their recovery following a stroke.

What the role involves:

- As a My Stroke Guide buddy you will spend time introducing this online support tool to stroke survivors and people who are close to them.
- Our buddies clearly explain how to use all the different areas of the guide to help people to understand the kind of ongoing support it can offer them.
- You will be working with people on a one-to-one basis, helping them to register with My Stroke Guide and decide how they can use it to best suit their needs.
- Some of our buddies organise drops-ins and information sessions whereby local people can come along and find out what the guide can offer them.

Who the role might suit:

- To be an effective MSG buddy you need to have good IT skills and be confident with online systems and using the internet.
- You will need to be able to explain how MSG works in a clear and understandable way to people who may not be familiar with online platforms.
- If you are someone interested in IT and computers and like meeting new people then this could be a good role for you.
- Buddies have regular ongoing support from our staff but spend much of their time alone with the stroke survivors so you need to be someone who is comfortable working on your own.

What the role can offer you personally:

- Being a MSG buddy means you have the opportunity to help people embrace new and empowering ways to support their recovery following a stroke.
- It also offers you a chance to meet and support new people and develop new skills by supporting a well-respected charity.
- MSG buddies also find it helps them develop their CV and employability.
- Our buddies tell us they enjoy the role because they feel they have made a tangible difference to people's lives by giving them access to a new form of support.

Training for this role:

We provide all of our MSG buddies with training so they feel confident in the role and give the best possible support to stroke survivors.

Mandatory training that you need to undertake for this role is:

- The Stroke Association Volunteer Induction (a one day face-to-face course).
- My Stroke Guide training video (a two-hour online course through STAR).
- Personal Safety for Volunteers (a two-hour online learning webinar) only mandatory if you are making visits to people in their homes or the community.

Additional learning opportunities are available to develop your skills and experience:

Emotional Impact of Stroke / Hidden Effects of Stroke / Safeguarding / Supporting People with Aphasia / GDPR module on STAR

We also offer ongoing support and expenses where appropriate.

Where and when you would volunteer:

These details would be agreed with a staff member in one of our local teams. We endeavour to find our volunteers roles in their local areas that suit the time commitments they have available.

A Disclosure and Barring Service (DBS) check, an Access NI check or membership of the Protecting Vulnerable Groups (PVG) scheme is required for this role.

Our vision is for there to be fewer strokes, and for people affected by stroke to get the help they need to live the best life they can.

Our core purpose is to be the trusted voice of stroke survivors and their families. We want to drive better outcomes in stroke prevention, treatment and lifelong support for everyone affected by stroke.

**Volunteer and
make a difference.**

Find out more about stroke, what we do and how you can help:
stroke.org.uk or call our
Stroke Helpline: **0303 3033 100.**