

Expert by Experience Volunteer – role description

We're looking for class members to take on an important and rewarding role as one of our **Expert by Experience Volunteers**.

What will I be doing?

You'll be speaking to people who are nearing the end of their Phase 3 hospital-based cardiac rehabilitation programme – either at Nevill Hall Hospital in Abergavenny or at Ebbw Vale's Aneurin Bevan Hospital. You'll attend the "What Now?" education sessions, which take place every six weeks and last for around 30mins.

As an Expert by Experience, you'll be expected to share your own experience of living with heart disease, and to inspire hope and belief that recovery is possible. You'll also stress the importance of long-term exercise and discuss the options available, including:

- Long-term community-based cardiac rehab exercise classes
- The National Exercise Referral Scheme (NERS)
- Walking groups
- Joining a gym
- Doing your own thing

What qualities do I need?

You'll need to be reliable, have good communication skills, be happy to work as part of a team and be aware of the importance of confidentiality. You may also need your own transport if you don't live within walking distance of either hospital.

What won't I be doing?

As a few examples, you won't be asked to undertake any personal care, give clinical advice, answer the phone or handle money.

Will I be offered any training?

Yes! This will be through the Aneurin Bevan University Health Board's Patient Experience Involvement Team, and will include, for example, Equality and Diversity, Communication, Safe Working and Dementia Support.

How do I apply?

Please contact Jacky Miles on 07484 658 319 or info@cardiac-rehab.org.uk in the first instance. She would love to hear from you and is happy to answer any questions about this important role.

What happens next?

You'll need to fill out an application form. You'll then meet with a member of the Patient Experience Involvement Team who will support you through the journey of becoming one of our valued Expert by Experience Volunteers.



Jacky Miles, MBE
(Chairperson)