

Stroke Group Network Conference

Monday 25 – Tuesday 26 September 2023
Online event



**Knowing your members!
And how to support them better by being more accessible and
inclusive.**

Top tips on 'Wellbeing for group volunteers' from Volunteer Mike Lynch, in conversation with Doug Youngson

Top Tips Wellbeing for Group Facilitators:

- Have fun and enjoy it when you make a difference for someone.
- Don't feel bad if you need to take some time for yourself. We need to look after ourselves to look after others.
- The right balance of volunteering and other things will be different for each individual. Go with what works for you.
- Cancel or cut down meetings if needed. This might make the difference of keeping the group going in the long run.
- Build up your network for support: other volunteers, other local groups, guest speakers, the Stroke Association, other local charities.
- Reach out to others you can trust. This is a positive first step if you're feeling overwhelmed.
- Others can be a great source of ideas and reassurance. Ask the group itself for their ideas.
- You don't need to fix everything. Groups provide peer support and we can help others to help themselves.
- Be inquisitive about yourself. Ask yourself "What do I need right now?".
- Take a 'mini-reboot': stop and go for a short walk, read a book or do some meditation.
- And finally: try not to worry about things you can't control. As an exercise, try sorting worries into things to accept, things to influence and things to change.

If you want to recap on the recording or certain questions, below is summary sheet of the questions and timings from the conversation.

Timestamp	Topic/question
0:00 – 4:12	Introductions
4:12 – 6:45	Question 1: What’s important about this topic of wellbeing for you?
6:45 – 8:15	Question 2: How do you manage the ‘balancing act’, particularly when there are so few volunteers in the group?
8:15 – 9:45	Question 3: What are the things that feel really nice for you, about running the group?
9:45 – 13:44	Question 4: Is there anything that feels particularly difficult in running the group? What are the challenges and how do you talk about them as a group?
13:44 – 21:30	Question 5: If you have group members who are really struggling is there a sense of responsibility, and if so, how do you manage that?
21:30 – 25:45	Question 6: It is a skill to recognise when you need support. Do you have any thoughts on what’s been helpful for you, in developing that?
25:45 – 32:00	Question 7: If a volunteer who’s running a group is struggling, what would you say to that person?
32:00 - end	CIA: our spheres of influence A helpful tool for dealing with situations that are difficult. A copy of this is in the talk information slides for you to use.