

## The Mulberry Centre Volunteering

Our mission is to provide information and support for anyone affected by cancer, offering practical ways of enhancing physical, psychological and emotional wellbeing.

The Mulberry Centre is a haven that provides support and information to anyone who is affected by cancer: cancer patients, their carers, and those who have been bereaved. Our services include counselling, support groups, complementary therapies, wellbeing-classes, informative workshops and lots more. The Mulberry Centre offers its services free of charge as we believe it is important for anyone to be able to access our support irrespective of financial situation.

### Volunteer Complementary Therapist

The Mulberry Centre offers complementary therapies for people with a diagnosis of cancer, their carers and bereaved. It is primarily by self-referral. Therapies offered are recognised as having positive benefits and are given with the aim of relieving stress related symptoms.

**Time commitment:** Half day, weekly or fortnightly.

#### Main Duties

- Clients with a cancer diagnosis are offered six treatments of one hour each. Carers and Bereaved are offered four sessions.
- Each therapy is adapted to the needs of the individual, depending on the client's condition. Treatments are also carried out in chairs if needed, adjusting positioning and techniques used.
- Currently, the touch-based therapies offered are: Aromatherapy / Massage / Reflexology / Reiki / Shiatsu or Acupuncture. It is also possible to access a further 2 sessions of 1to1 Yoga Therapy or EFT (Emotional Freedom Technique)
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#### Volunteer Specification

The Mulberry Centre is committed to providing the highest quality of care and therapists are expected to:

- Have studied and qualified at a recognised college/school (ITEC equivalent).
- Be a member of their professional body.
- Have personal, professional indemnity insurance.
- Consider, or be undertaking, further professional development.
- Have been qualified in their therapy and actively practising for at least **one year**.
- Must not have had personal experience of cancer (either themselves or a close family member) or have been bereaved within the preceding two years.
- All therapists must have or be eligible for registration with CNHC

### Support and Education

- Therapists must attend an induction with the Senior Therapist, prior to starting volunteering.
- Therapists are asked to attend meetings and support groups with other therapists, which are held every three months.
- Therapists will have an initial three-monthly then six-monthly review with the Senior Therapist. This is a way of monitoring and supporting each other and is informal and confidential.
- Therapists are offered teachings, arranged by the Senior Therapist.
- The Centre offers £50 per annum towards professional development within related areas, after six months as a volunteer at The Centre. We also offer reimbursement for the retrospective CNHC membership year.
- Networking amongst the therapists is encouraged, for support.
- Expenses are paid for travel up to a limit of 30 miles per day, currently at 45p per mile.

### Next Steps

- Complete the online application form
- If your application is successful, we will invite you along to an informal Interview.
- If you are accepted as a volunteer, we will contact your two referees.
- You will be asked to complete a DBS check (Disclosure and Barring Service).
- All Volunteers must attend an Induction and centre training.

**Further information:** Email: [fernando.cabo@themulberrycentre.co.uk](mailto:fernando.cabo@themulberrycentre.co.uk)

**Accountable to:** Complementary Therapies Lead