

Volunteer Wellbeing Class Teacher – Yoga For Breast Cancer

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 an award-winning charity which relies heavily on donations from individuals and organisations to support people through their cancer journey from diagnosis, through treatment and then post-discharge. We help them to start rebuilding their lives and promote self-management. We also support carers and family members to deal with these changes and bereaved relatives. We do this by providing counselling, complementary therapies, wellbeing classes, and supporting information, tailored to the needs of our users at, and around, our purpose-built centre in Isleworth. Our services are free of charge, but donations are always welcome.

This role aims to provide a fun, effective weekly Yoga class that our clients will enjoy which specifically addresses the needs of clients with breast cancer. It aims to improve mental and physical wellbeing, symptom management and general quality of life by increasing range of motion and decreasing stress.

Time Commitment – Regular weekly slot of 1 hr class with some related admin time – total 90 mins weekly.

Main Duties

- Facilitate a weekly 'Yoga For Breast Cancer' class for all fitness levels, taught in a way that is physically accessible to all, using simple terminology, which will improve quality of life, health, self-esteem, and confidence.
- Provide class content complementary to our clients' cancer treatments and designed for individuals going through breast cancer treatment and recovery which will:
 - offer safe, evidence-based Yoga stretches to relax the body and mind,
 - increase flexibility and range of motion, improve balance, posture, and lymphatic drainage,
 - help decrease the side effects of cancer surgery and treatments,
 - support cancer related fatigue and sleep disturbance,
 - increase energy, self-confidence, and sense of well-being,
 - reduce stress, anxiety, and pain,
 - be easy to follow and can be done as soon as medical clearance is received,
 - support our clients' work towards pre-surgery function.
- Any other suitable related tasks and duties that maybe set by the Lead.

Volunteer Specification

- Ideally a qualified and experienced Yoga teacher or physiotherapist with an experienced Yoga practice who has taken part in an accredited CPD course in Yoga for breast cancer.
- An understanding of breast cancer surgeries in order to be able to offer individual modifications.
- Empathetic, with an in depth understanding of the effect that a cancer diagnosis can have.
- Knowledge of safe lymphoedema practice.
- Practiced in delivering breathwork/pranayama mindfulness and deep relaxation an advantage.
- Experience of working with small groups/classes.

- Ability to deliver chair-based exercise and knowledge of how to modify postures.
- Ability to acquire knowledge of what The Mulberry Centre offers to people affected by cancer.

Support and Training

- You will be provided with an induction covering the objective of the role, the work of The Mulberry Centre, and its procedures and policies relevant for your volunteering role.
- We will do our best to assist your volunteering role with us. This will include evaluation sessions and keeping you updated with all the relevant information on what support The Mulberry Centre offers.
- Expenses are reimbursed for travel incurred to carry out your volunteering duties. The reimbursement of any other 'out of pocket' expenses is subject to prior approval by your Lead.

Next Steps

- All applicants will be asked to complete a Volunteer Application Form and confidentiality agreement and provide two referees.
- Candidates with the appropriate experience/skills for the role for which they have applied will be interviewed by the Lead associated to the role.
- References will be taken up on successful candidates. Successful counsellor and therapist candidates will be asked to provide relevant professional documentation including qualifications/certificate to practise, enhanced DBS, membership of professional body and insurance.
- All new volunteers will be given role specific induction/training by their Lead and the Mulberry Macmillan Volunteer Lead will provide general induction to the Centre, the general handbook and relevant information pertaining to policies and procedures, and will be asked to sign the Volunteer Agreement, confirming their commitment to the Centre.
- Subject to satisfactory references, and completion of documentation an individual may start volunteering and a review will be carried out by their Lead after three months.
- Short-term volunteers providing support on an ad-hoc basis are not required to go through all the recruitment procedures unless they start volunteering on a more regular basis or their hours increase beyond 5 hours a month.

Further information: email: volunteer@themulberrycentre.co.uk or Amanda@themulberrycentre.co.uk

Responsible to: Complementary Therapies Lead