

Volunteer Class Teacher

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 (TMC) offers Wellbeing Classes for people with a diagnosis of cancer and their carers. All classes are recognised as having positive benefits and are given with the aim of relieving stress related symptoms through relaxation, improved breathing and increased activity.

Time commitment: Regular weekly slot of 1 hr class with admin time – total 90 mins minimum

Main Duties

- To facilitate 1 weekly class for clients with a cancer diagnosis, carers and bereaved.
- Each class teacher needs to be able to adapt the class to the needs of the individual, depending on the client's condition, as far as is reasonable.
- We are offering Wellbeing Classes such as Pilates, Yoga, Seated Yoga & Tai Chi – we are looking for teachers qualified in any of these on addition to dance classes, weights or general exercise.

Volunteer Specification

We are committed to providing the highest quality of care and practitioners are expected to:

- Have studied and qualified at a recognised college/school.
- Be a member of their professional body if applicable.
- Have personal, professional indemnity insurance.
- Consider, or be undertaking, further professional development.
- Ideally have been qualified in their practice and actively practising for 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.
- Experience of working with small groups/classes.

Support and Training

- Class teachers must provide an observed class and attend an induction with the Complementary Therapies Lead prior to starting volunteering.
- Class teachers are encouraged to attend meetings and support groups with other members of the therapy team, which are held every three months.
- Class teachers will have an initial three-monthly then six-monthly review with the Complementary Therapies Lead. This is a way of monitoring and supporting each other and is informal and confidential.
- Networking amongst the wellbeing team is encouraged, for support
- 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.

Further information: Email: volunteer@themulberrycentre.co.uk or amanda@themulberrycentre.co.uk

Responsible to: Complementary Therapies Lead