

Volunteer Table Tennis Class Facilitator

Our core mission is to improve the lives of anyone affected by cancer, including those with a diagnosis, carers, and family members by enhancing emotional, psychological, and physical well-being. We are also able to support anyone who is experiencing bereavement.

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 people to start rebuilding their lives after a cancer diagnosis and promote self-management. We do this by providing counselling, complementary therapies, wellbeing classes, informational workshops as well as wellbeing and emotional support 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.

The Mulberry Centre offers support services for people with a diagnosis of cancer, their carers, family members and bereaved relatives. All wellbeing 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. Table tennis has the added value of being a sociable activity.

Time commitment: Regular weekly slot on Thursday afternoons 2.30pm – 4pm comprising of two back to back classes – beginners and more experienced - total 90 mins, at our Centre.

Main Duties

- To facilitate weekly table tennis classes for a group of our clients, making them fun, enjoyable, sociable and inclusive.
- To manage the class so that all participants are respectful of health and safety requirements, the equipment and each other.
- Each class teacher needs to be able to adapt the class to the needs of the individual, depending on the clients' abilities and their condition, as far as is reasonable.

Volunteer Specification

We are committed to providing the highest quality of care and wellbeing class facilitators are expected to:

- Be a member of their professional body.
- Have personal, professional indemnity insurance.
- Have been qualified in their practice and actively practising for one year.
- Have an awareness of health and safety issues in relation to their class activity.
- Have the ability to make the class fun, enjoyable, sociable and inclusive.
- Must not have had personal experience of cancer (either themselves or a close family member) or have been bereaved within the preceding two years.

Support and Training

- Class teachers must provide an observed class and attend an induction with the Complementary Therapies Lead prior to starting volunteering.



for anyone
affected by cancer

The Mulberry Centre

- Class teachers are asked to attend meetings and support groups with other members of the therapy team.
- Class teachers will have an initial three-month review with their Lead and then annually or as required thereafter. This is a way of monitoring and supporting each other and is informal and confidential.
- Networking amongst the therapy team is encouraged, for support.
- Public transport expenses are paid or mileage up to a limit of 30 miles per day, currently at 45p per mile. Parking is limited and cannot be guaranteed.

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

Responsible to: Complementary Therapies Lead