

## Volunteer Dance Class Facilitator

The Mulberry Centre is an award-winning charity and our core mission is to improve the lives of anyone affected by cancer, by enhancing their emotional, psychological and physical well-being. We 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.

**We are seeking a compassionate and dedicated volunteer to lead gentle, inclusive dance classes designed for clients with a cancer diagnosis, their carers, and the bereaved. The classes will focus on low-impact movement through dance styles such as Bollywood, gentle Salsa, Bhangra, Medau, or similar, with the aim of promoting physical and emotional wellbeing in a supportive and non-judgmental environment. The facilitator will create an atmosphere of joy, connection, and empowerment, helping participants regain confidence, build strength, and enhance their overall health in a safe space. This role enables you to teach an activity that you are passionate about and to share that passion with others.**

**Time Commitment** – Regular weekly 1 hour slot plus some time for planning, follow up admin and feedback.

### Main Duties

- To lead regular, inclusive dance sessions suitable for individuals affected by cancer, ensuring that the exercises are accessible and enjoyable for all fitness levels.
- To develop and deliver engaging and adaptable dance routines, incorporating styles such as Bollywood, gentle Salsa, Bhangra, Medau, or other gentle dance forms, ensuring that routines are mindful of the physical needs and emotional sensitivities of participants.
- To foster a welcoming, supportive atmosphere where participants feel safe to express themselves, encouraging their engagement and enjoyment.
- To ensure all activities are conducted safely, providing modifications or alternatives for participants with varying levels of mobility or health conditions.

### Volunteer Specification

- Experience in facilitating dance classes, particularly in gentle or low-impact dance styles (e.g., Bollywood, gentle Salsa, Bhangra, Medau,). Previous training in dance therapy or movement-based practices would be a plus.
- Ability to work sensitively with individuals who have been affected by cancer, recognising the physical, emotional, and mental challenges they may be facing.
- Ability to communicate clearly, motivate, and engage a diverse group of participants.
- Ability to adapt the class based on the needs and abilities of participants, with a patient and flexible approach to teaching.
- Understanding of the potential health considerations and limitations of people living with cancer, and the ability to provide adaptations or modifications when necessary.
- A genuine passion for supporting people affected by cancer and a commitment to the charity's values and mission.



for anyone  
affected by cancer

## The Mulberry Centre

- A willingness to undergo an enhanced Disclosure and Barring Service (DBS) check if necessary.
- **Dance Therapy Training:** Any formal training or qualifications in dance therapy, movement therapy, or a related field would be an advantage.

### 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.
- You will benefit from personal growth, and satisfaction, from making a positive difference in people's lives.

### 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. An enhanced DBS is required for this role which can be arranged.
- All new volunteers will be given role specific induction/training by their Lead. The Volunteer Lead will provide general induction to the Centre, the general handbook and relevant information pertaining to policies and procedures. You 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](mailto:volunteer@themulberrycentre.co.uk) or [Amanda@themulberrycentre.co.uk](mailto:Amanda@themulberrycentre.co.uk)

**Responsible to:** Complementary Therapies Lead