

Volunteer Complementary Therapist

Our core mission is to improve the lives of anyone affected by cancer, including those with a diagnosis, carers, family members and bereaved relatives, by enhancing emotional, psychological and physical well-being.

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.

Our volunteer complementary therapists provide complementary therapies for people with a diagnosis of cancer, their carers and bereaved. Therapies offered are recognised as having positive benefits and are given with the aim of relieving stress related symptoms and encourage relaxation.

Currently, the touch-based therapies offered are: Aromatherapy / Massage / Reflexology / Reiki / Shiatsu or Acupuncture.

Time commitment: 2 to 3 hours, weekly or fortnightly.

Main Duties

- Clients with a cancer diagnosis, carers or the bereaved are offered four treatments of one hour each.
- 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.

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 or relevant BA or MA 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 or an equivalent body, (such as BAcC or AAC for acupuncturists).

Support and Education

- 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.
- There will be an initial 3 months, then a six-monthly and annual review with your Lead. This is a way of monitoring and supporting each other and is informal and confidential.
- 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.
- Therapists are asked to attend meetings and support groups with other therapists, which are held every three months.
- Therapists are offered teachings, arranged by the Complementary Therapies Lead.
- The Centre offers £50 per annum towards relevant professional development within related areas, after six months as a volunteer at The Centre. We also offer reimbursement retrospectively for CNHC/BACc membership yearly for those who have volunteered regularly.
- Networking amongst the therapists is encouraged, for support.

Next Steps

- All applicants will be asked to complete a Volunteer Application Form and confidentiality agreement and provide two referees to their Lead which will be shared with the Mulberry Macmillan Volunteer Lead (MMVL).
- Candidates with the appropriate experience and 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 (MMVL) will provide them with a general induction to the Centre, the general handbook and relevant information pertaining to policies and procedures. New volunteers will be asked to sign the Volunteer Agreement, confirming their commitment to the Centre. Complementary Therapist volunteers will also need to undertake a separate appropriate therapeutic induction.
- Subject to satisfactory references, and completion of professional documentation, the 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