

St Helena Volunteers

**VOLUNTEER ROLE DESCRIPTION**

<b>Role Title</b>	<b>Volunteer Complementary Therapist</b>
<b>Department/Shop</b>	<b>Therapies and Wellbeing</b>
<b>Location</b>	<b>The Hospice, JT Centre, Tendring Centre</b>
<b>Reporting To</b>	<b>Jenni Homewood, Complementary Therapy Manager</b>

All volunteers must be sympathetic to and be able to project the philosophy, vision and values of St Helena Hospice.

**ROLE SUMMARY**

The use of complementary therapies in palliative care has become an increasingly significant feature of health care for many people.

Research has shown that its use alongside conventional medicine can help enhance relaxation and well-being as well as help with the management of specific issues such as symptom control of fatigue, breathlessness, nausea, and pain. All complementary therapies are characterised by treating the whole person, taking into account the mental, emotional and physical factors associated with the challenges they face.

**MAIN DUTIES OF THE ROLE**

We are currently recruiting qualified complementary therapists and/or beauty therapists in the following areas to join our team of volunteers:

- Massage
- Aromatherapy
- Reflexology
- Reiki
- Indian Head Massage
- Shiatsu practitioners
- Nail care (manicure/pedicure)
- Qualified hairdressers

You will be required to participate as a member of a multi-disciplinary team, offering treatments to patients and relatives both within the hospice and the local communities.

**TRAINING & SUPERVISION**

There will be an induction to the hospice and all volunteers must undertake mandatory health and safety training. All volunteer complementary therapists have to undergo an enhanced DBS check, undertake safeguarding training and lone working training if visiting patient homes, as well as undertake an induction into the complementary therapy service, which may include shadowing

another volunteer therapist if appropriate. To attend regular meetings/supervision and training in palliative needs.

### **EXPERIENCE & QUALIFICATIONS REQUIRED**

You will need to be qualified and hold the appropriate certifications in the relevant practice. Relevant professional qualifications essential from an accredited awarding body C&G, VTCT, ITEC- which meets recognised Occupational Standards. Registration of accredited professional body, e.g. CNHC, Professional Standards Authority, FHT or other voluntary recognised association or organisation, and professional indemnity insurance, or be prepared to join prior to volunteering  
Be committed to their own continuing professional development.

### **PERSONAL QUALITIES**

- Ability to work independently but with guidance and support , and show flexibility by learning the 'think on your feet' and not to proceed if unsure and seek clarification
- Team player, who is flexible
- Ability to use initiative and be innovative
- Respectful of others differences and choices
- Reliable, honest and punctual
- Organised
- Car driver or access to a vehicle / public transport
- Maintain confidentiality and data protection at all times
- Recognise own boundaries in the therapeutic relationship and limitations of the role and seek support when needed
- Ability to communicate clearly and sensitively with others
- Ability to listen and empathise
- Ability to deliver service in a non-judgemental and non-discriminatory manner
- Demonstrate sensitivity to patient/family/carer needs

<b>Contact Details</b>	Jenni Homewood, Complementary Therapy Manager
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