

St Helena Volunteers

VOLUNTEER ROLE DESCRIPTION

Role Title	Volunteer Complementary Therapist
Department/Shop	Therapies and Wellbeing
Location	The Hospice, JT Centre, Tendring Centre
Reporting To	Complementary Therapy Manager
<p><u>Volunteering at St Helena</u></p> <p>We ask that all volunteers are sympathetic to and be able to project the philosophy, vision and values of St Helena.</p> <p>The benefits of being a St Helena volunteer include:</p> <ul style="list-style-type: none"> • The opportunity to develop new and existing skills and gain experience in the workplace • The opportunity to make new friends in your local community • The satisfaction of knowing you are making a difference to people facing incurable illness or bereavement • Full support of a specified line manager within a dedicated team • Volunteering has been proven to help improve mental health and wellbeing and is therapeutic by keeping you active • Regular news and updates about what's happening at St Helena so you feel part of the team • Gives you a sense of purpose – the feel good factor! 	
<p><u>Role summary</u></p> <p>The use of complementary therapies in palliative care has become an increasingly significant feature of health care for many people.</p> <p>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.</p>	
<p><u>Main duties of the role</u></p> <p>We are currently recruiting qualified complementary therapists and/or beauty therapists in the following areas to join our team of volunteers:</p> <ul style="list-style-type: none"> • 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 attributes

- Passionate about St Helena
- 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