



# Complementary Therapist

## Volunteer role description

We are always looking for the right people, those who are friendly, passionate, empathetic and respectful. They are people who celebrate the richness and uniqueness of our diverse community, staff and volunteers. We are committed to ensuring that no individual or group is disadvantaged or excluded from playing an active part in our organisation because of their ethnicity, gender, gender identity, disability, sexuality, religion, age, class or geographical location. They are people who have a natural positive disposition, reliable and committed. They wear our volunteer uniform with PRIDE (passion, responsibility, innovation, drive and empowerment) beaming with compassion and enthusiasm.

The role of a volunteer is a unique one, activities complement the care and support given by staff, and they do not replace staff or mitigate staff shortages. Whilst volunteers are not staff, they are part of the BHRUT family. Volunteers will not assist with anything of a medical nursing nature, read patients' medical files or share this information, assist with cleaning or repair any item of equipment. As a volunteer you are in a position of trust this should never be abused or used to advantage yourself or disadvantage a patient.

### **“TOUCH CAN REASSURE, RELAX AND HEAL”**

Complementary therapies can help to reduce and manage stress, anxiety, nausea, fatigue and physical tension. It has been proven to lift mood and improve sleep through gentle nurturing touch. Therapies that are currently available include: - aromatherapy, massage for cancer care, reflexology hearts process and Bach flower remedies and relaxation. Our highly trained and experienced therapists work closely with our patients to address anxieties and any issues arising from these. We liaise with each patient/person to find the most suitable treatment for every individual patient/person and each treatment will be adapted to suit individual needs and comfort.

Complementary therapies can help our patients cope with some of the physical and emotional impact of their cancer and the side effects from treatment. We believe wholly that these therapies help to promote relaxation, enabling the body to rest and repair in this much needed time. You will become part of the patients' road to recovery and a much valued team member. You will be required to deliver a high standard of complementary therapies to cancer patients and their family (where service demands permit).

#### **Would suit:**

All prospective volunteers will need relevant qualifications, and experience and they must have insurance cover and be affiliated to a relevant governing body.

#### **Commitment:**

Usually one morning, afternoon or evening per week.