

Thank you for your interest in becoming a Volunteer Complementary Therapist! We currently have a requirement for 2 Volunteer Complementary Therapists – Please read on for more details and contact us if you require more information.

Here is a little more information to give you a clear understanding of the role:

Who Are Norwich and Central Norfolk Mind?

We are one of the leading mental health charities working here in Norfolk. Our main role is to reduce the stigma associated with mental health, promote wellness and recovery and support those experiencing mental health problems. We also provide support for those who are in a caring or supporting role. We cover central Norfolk and have over 150 volunteers and staff all working to help people. As a charity we rely heavily on donations to continue this work and we cannot thank our fundraisers enough!

What does a Volunteer Complementary Therapist do?

You will be delivering therapy sessions to those who are unwaged or on low incomes. Depending on your area of expertise you may be delivering massage, back, shoulder and Indian head massage, Shiatsu, or reflexology sessions. As a Complementary Therapist Volunteer, you will be responsible for conducting an initial consultation process with each client to establish whether the requested treatment/s are appropriate. You will record and update client notes and give after care advice following each session. The Complementary Therapist volunteer role is not an advice or counselling service. Clients should be referred to Norwich and Central Norfolk Mind's signposting service for support with their emotional wellbeing.

Who makes an ideal Volunteer Complementary Therapist?

These roles would suit qualified persons with excellent therapeutic and massage skills and with at least 30 hours of experience. You will be a confident "people person", a good listener with great communication skills and with an interest in, or experience of, working with people who have/have had mental health issues. Because you will be undertaking consultations including medical history, you must be able to respect confidentiality and work within the general data protection regulation guidelines. Training will be provided.

Important please note: If you are applying for the event volunteer position with the Heartsease Project (sessions delivered in public spaces), you must have access to your own equipment (seated massage chair etc).

Training and Support

We want to make sure you get the most out of this role so we will start out by orientating you to the project and the organisation and how your efforts will support this.

- Manual Handling, Professional Boundaries, Safety at Work and Safeguarding to help you feel confident in your role.
- Regular supervision and support from a named member of staff.
- Out of pocket expenses: travel expenses and sundries as agreed with your manager.

Download the criteria list for a comprehensive look at the roles and how to apply. We hope this feels like an exciting and interesting opportunity to you