

Required skills and experience needed to be a Volunteer Complementary Therapist	
Areas	What you will need to be able to do
<b>Qualifications/ Education/Training</b>  <u>Essential</u>	<ul style="list-style-type: none"> <li>• Appropriate certificated training in a complementary therapy discipline (Massage Back, Neck and Shoulder massage, Indian Head Massage) recognised by the Complementary and Natural Healthcare Council (CNHC) or the Federation of Holistic Therapists (FHT)</li> <li>• At least 20 hours' experience of Complementary Therapy delivery since qualifying</li> <li>• Professional membership of an appropriate Complementary Therapy regulatory body</li> <li>• First Aid current certificate</li> </ul>
<b>Knowledge &amp; Experience</b>	<ul style="list-style-type: none"> <li>• Experience of delivering Complementary therapy either privately or in a public / event environment</li> <li>• Experience of working with people who have, or have previously experienced mental health problems.</li> <li>• Ideally an understanding of mental health.</li> <li>• An understanding of recovery focused working would be desirable</li> </ul>
<u>Essential Skills</u>	<ul style="list-style-type: none"> <li>• Excellent complementary therapy skills</li> <li>• Good communication skills</li> <li>• Ability to signpost clients on to other sources of support</li> <li>• Competence in undertaking a consultation, including medical history, in order to identify contraindications and the nature of the treatment</li> <li>• Understanding of confidentiality</li> <li>• Ability to be flexible, efficient and adaptable</li> <li>• Ability to assess basic risk identifiers according to a simple risk assessment criteria and alert project manager with any concerns</li> </ul>

<p><b>Personal Attributes</b></p>	<ul style="list-style-type: none"> <li>• A good listener</li> <li>• Flexible and adaptable</li> <li>• Able to connect with a range of people from all backgrounds and cultures without judgement.</li> <li>• Able to work under your own initiative</li> </ul>
<p><b>Additional Requirements</b></p>	<ul style="list-style-type: none"> <li>• Willingness to undergo an enhanced DBS check</li> <li>• Use of own transport and full clean driving licence would be an advantage</li> <li>• You must have access to your own equipment</li> </ul>
<p><b>Training &amp; Support Offered</b></p>	
	<ul style="list-style-type: none"> <li>• Certificated training in manual handling, professional boundaries, safety at work and safeguarding adults to help you feel confident in your role.</li> <li>• First Aid training if no current certificate held</li> <li>• Regular supervision and support from a named member of staff.</li> <li>• Out of pocket expenses: travel expenses and sundries as agreed with your manager.</li> </ul>
<p><b>Role Requirements</b></p>	
<p><b>Mind Body and Soul</b></p> <p><b>Heartsease Project</b> At community venues around Heartsease area)</p> <p>At 50, Sale Road, Norwich</p>	<p>2 opportunities available – minimum 3 hours each week</p> <p>To deliver short 15-20 minute seated, clothed complementary therapy sessions (back, shoulder and Indian Head massage) to individuals who are unwaged or on low incomes</p> <p>To deliver 50 minute or 20 minute holistic complementary therapy sessions (such as Massage, Indian Head Massage, shiatsu or reflexology) to individuals who are unwaged or on low incomes.</p>

