

Ad-Hoc Volunteer Wellbeing Class Teacher

Our core mission is to improve the lives of anyone affected by cancer, including those with a diagnosis, carers, and family members by enhancing emotional, psychological, and physical well-being. We are also able to support anyone who is experiencing bereavement.

The Mulberry Centre is an award-winning charity which relies heavily on donations from individuals and organisations to support people through their cancer journey from diagnosis, through treatment and then post-discharge. We help people to start rebuilding their lives after a cancer diagnosis and promote self-management. We do this by providing counselling, complementary therapies, wellbeing classes, informational workshops as well as wellbeing and emotional support tailored to the needs of our users at, and around, our purpose-built centre in Isleworth. Our services are free of charge, but donations are always welcome.

The Mulberry Centre offers support services for people with a diagnosis of cancer, their carers, family members and bereaved relatives. All classes are recognised as having positive benefits and are given with the aim of relieving stress related symptoms through relaxation, improved breathing and increased activity.

Role Purpose: To deliver wellbeing classes that promote relaxation, movement, and stress relief for our clients on an occasional or cover basis - We offer many Wellbeing Classes e.g. Pilates, Yoga, Seated Yoga & Tai Chi so we are looking for teachers qualified in any of these disciplines or other general light exercise classes.

Ad hoc teachers provide valuable flexibility to ensure continuity of classes and to support our core wellbeing programme.

Commitment

Sessions offered on an occasional or cover basis — frequency flexible according to availability. Each class is 1 hour, plus short set-up time (approx. 90 minutes total per session). No fixed weekly or fortnightly commitment.

Main Duties

- Deliver classes in one or more of the following disciplines: Yoga, Seated Yoga, Pilates, Tai Chi, or other suitable wellbeing-based exercise.
- Each class teacher needs to be able to maintain a calm, safe, and inclusive environment and adapt the class to the needs of the individual, depending on the client's condition, as far as is reasonable.

Volunteer Specification

We are committed to providing the highest quality of care and therapists are expected to:

- Have studied and qualified at a recognised college/school.
- Be a member of their professional body.
- Have personal, professional indemnity insurance.
- Consider, or be undertaking, further professional development.
- Have been qualified in their practice and actively practising for one year.
- Must not have had personal experience of cancer (either themselves or a close family member) or have been bereaved within the preceding two years.

Support and induction

- Informal interview
- One observed class before starting to ensure suitability.
- Attend an induction with both the Complementary Therapies Lead and Volunteer Lead prior to starting to volunteer.
- Optional access to team meetings, networking and CPD opportunities.
- Travel expenses reimbursed (public transport or mileage up to 30 miles/day at 45p per mile). Parking is limited and cannot be guaranteed.

Further information: Email: volunteer@themulberrycentre.co.uk or amanda@themulberrycentre.co.uk

Responsible to: Complementary Therapies Lead