

## Adult Carers Services: Complementary Therapist Volunteer Role Description

### Summary:

To provide specified complementary therapy to Carers and contribute towards the work of the centre in assisting Carers to maintain their health and well-being. It is important for Carers registered at SCC to experience consistency, so we ask our therapists to commit to attending on a regular basis at a mutually agreed time.

### DBS check required.

### Location:

Sutton Carers Centre

### Time commitment:

As negotiated

### Key tasks:

- Work within and as part of the Information and Advice service to provide a comprehensive service to Carers.
- Assess the suitability of Carers for treatment and take relevant case history by completing an appropriate form based on the therapy to be given.
- Maintain appropriate records, including details of the contact, which is kept by the therapist in a confidential manner.
- Work according to standards laid down by the relevant governing and professional bodies (e.g. Complementary Therapist Association).

### Desired skills and experience:

- Good written and spoken communication skills.
- Maturity and emotional stability, to deal with a wide range of people, seeking assistance with various issues.
- To understand and help people with their problems; an empathetic nature.
- To build up a rapport with clients and instil confidence in them.
- To maintain professional boundaries.
- Have an understanding of the physical and psychological problems faced by Carers.
- Hold either a full professional qualification in the complementary therapy to be practiced, or to be at a level of training considered competent to work in the community with Carers.
- Experience of delivering the therapy to be practiced.
- To work within the Centre's Confidentiality and Equal Opportunity Policy.

### What we provide:

- Regular supervision and support from the Adult Carers Information and Advice Service Manager.
- Reimbursement for travel expenses.
- References can be provided after 6 months of volunteering.

Sutton Carers Centre is a company Limited by Guarantee with Charitable Status Registered Company Number 3353573, Registered Charity Number 1062302.