

## **VOLUNTEER ROLE DESCRIPTION**

**VOLUNTEER TITLE:** Relaxation Support

**VOLUNTEER LINK:** Davina Radford- Spiritual Care Lead

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**Aims:** To provide support to patients and carers attending Relaxation sessions under the supervision of Focus on Living staff

**When / Where:**

Focus on Living

Mondays 9.00- 12.30

**Main Tasks:**

- To support patients and carers attending weekly relaxation sessions under the instruction of Wellbeing Co-ordinator/Focus on Living staff with a view to eventually being confident to lead sessions independently.
- To support patients/carers with emotional issues which may occur during session
- To assist with comfort of patients and offer refreshments
- To record information on System One our patient information portal.

**Personal Qualities:**

- To be able to be part of a team
- To have excellent communication skills
- To be able to offer a regular commitment
- Experience of relaxation practice would be helpful but not essential

**Benefits**

- The opportunity to make a difference to people at a difficult time in their lives
- The chance to support your local community
- An opportunity to develop skills and experiences
- A chance to meet new people
- Reimbursement of your travel expenses

**Essential Processes/ Training (Internal Info):**

- ☒ Recruitment Pathway *[On-site]*
- ☒ Minimum age *[18+]*
- ☒ DBS check required *[Enhanced Children and Adults]*
- ☒ Health & Safety Training Online *[clinical]*
- ☒ Health & Safety Training *[on-site]*
- ☒ Additional training specific to the role (Care at St Oswald's, System One)
- ☒ Smartcard Required *[Yes]*