VOLUNTARY Mindfulness Teacher - ROLE DESCRIPTION:

CHARITY OVERVIEW

At MCMC, we're dedicated to enabling and empowering people with cancer by providing complementary therapies to relieve the side effects of cancer and its treatment. By joining our award-winning team, you become an integral part of this mission. You will make a positive impact by enhancing the wellbeing of those living with cancer and develop your knowledge and skills in a supportive environment.

Role: Mindfulness Teacher

LOCATION & HOURS

We currently offer courses to our service users Monday-Thursday. Hours and location will be dependent on your availability and location and will be discussed in the interview process.

You would be required to run 2 to 3 online or face to face courses a year.

We hire rooms / halls within Berkshire, dependent on where the demand is and where the teacher is based. All course arrangements and communication with the service user is done by the team at Charvil.

ABOUT THE ROLE

We are seeking a compassionate and caring mindfulness teacher. You will offer an 8-week course to support cancer patients, helping them to reduce anxiety and understand how to manage their mental wellbeing through mindfulness.

WHAT WE LOOK FOR

We really appreciate all the time you will give to people with cancer in Berkshire. You are a vital part of the charity, and we seek the following from our volunteers to deliver the best quality experience to our service users:

- Certified in relevant qualifications
- Excellent communication skills
- Maintain confidentiality/boundaries
- Empathetic
- Trustworthy
- Reliable and flexible
- Confident to flag any concern regarding treatment

- Willing to learn and take part in relevant training/CPD

To volunteer, all therapists will need to provide the following:

- Certificates of qualification – face to face mindfulness qualification
- Certificate of insurance
- Membership of governing body (if relevant)
- CV
- 2 satisfactory references covering the last 3 years

Our teachers must be legally eligible to volunteer in the UK and pass our screening process, including references, DBS, and occupational health checks.

WHAT WE OFFER YOU

You will join a fabulous community of like-minded, supportive therapists, and also be supported by our staff and volunteer admin team, who arrange the courses. We can also help towards reasonable travel costs.

Alongside your induction from MCMC at our centres, you will receive mandatory training, provided by the Royal Berkshire Hospital, which can be completed at home. You will also receive a virtual training session on the cancer patient pathway.

Best of all, you will probably leave each session with a warm glow and real sense of pride, knowing you have positively impacted the lives of people living with cancer.

EQUAL OPPORTUNITY STATEMENT

My Cancer My Choices aims to treat all volunteers and applicants fairly and equally. My Cancer My Choices is committed to creating a safe, diverse environment. All qualified applicants will receive consideration for volunteer opportunities without regard to race, colour, religion, gender, gender identity or expression, sexual orientation, national origin, genetics, disability, age, marital or veteran status. We welcome applications from all individuals, including those with disabilities and those with diverse backgrounds, cultures, and experiences.

APPLICATION INSTRUCTIONS & CONTACT INFORMATION

If you would like to apply, request any adjustments when applying, or require further information, please contact us at bookings@mycancermychoices.org. For applications, please send through a short cover letter (maximum 2 pages) together with your CV.