

Questions & Answers: Complementary Therapy Volunteering



About Us

The Myton Hospices provides specialist care to patients and their families in the months leading up to, and at, the end of life. Our bereavement services go on to support families often for many years.

Our Vision

The Myton Hospices believes that everyone across Coventry and Warwickshire has the right to a good, natural death, the way they want it to be and with their loved ones supported.

Our Mission

The Myton team provides high quality, specialist care to people whose condition no longer responds to curative treatment, from diagnosis to death. We aim to meet their physical, psychological, spiritual and social needs and ensure their families are supported both through and after this difficult time. We are also committed to training, supporting and encouraging other care providers to practice good palliative care.

Our Values

- Respect and dignity for all
- Valuing each other and ourselves
- One Myton, one team
- Professional

Why volunteer?

We are often told that volunteering is a way of giving something back. The time that you give as a volunteer will make a huge difference to our patients and their families; you will be able to help people at the most critical time of their lives. There is no such thing as a 'typical' volunteer, and through volunteering, we can promise that you will meet many interesting people from all walks of life. Volunteering at Myton gives you an opportunity to make new friends, learn new skills, and use your existing skills to benefit others, to

work as part of a team, and to contribute to your local community.

What Complementary Therapy volunteer roles do you have?

We provide a variety of Complementary Therapies, including; Aromatherapy, 'M' Technique, Energy Healing / Balancing (including Spiritual Healing, Reiki, Healing Touch and Crystals), Reflexology, Relaxation tools and techniques and simple hand and foot routines.

How much time do I need to give?

Donating a few hours of your time each week can make a huge difference to Myton – it helps to keep the Hospice running! There are no full time volunteer roles. The Complementary Therapy Department runs a specific timed schedule over two areas; Day Hospice and In-Patient Unit. Therefore, in order to ensure that these areas are covered, we are looking for volunteers who can offer a regular commitment in one of these areas on a weekly basis. We are flexible in terms of hours, but it would help us to plan our schedule if these were the same hours on the same day each week.

Do I need any previous volunteering or Complementary Therapy experience?

Volunteering as a Complementary Therapist is a rather different experience to that of a general volunteer. Whilst we value all of our volunteers for generously donating their time, we do have certain expectations of our Complementary Therapists. Your role as a volunteer therapist is considered clinical, therefore you will be expected to belong to a professional regulatory

body and have evidence of current professional liability insurance, along with proof of your therapy qualifications, where you are currently working and / or have worked. Before you start your volunteering you will be required to complete an induction training course to ensure that you are fully equipped and feel confident to carry out your volunteer role.

Do you have to carry out any 'checks' on me?

Yes, your enrolment as a volunteer is subject to two satisfactory reference checks. As a volunteer who has contact with patients you will be required to complete an Enhanced Disclosure & Barring Service (DBS) check. As mentioned above, you will need to provide copies of membership with professional regulatory bodies (approved by Myton) and copies of up-to-date professional liability insurance.

What if I have had a recent bereavement?

If you have lost someone close within the previous year – particularly if that person was a Myton patient – we would usually ask you to postpone becoming a Complementary Therapy volunteer until at least a year has passed. However, we respect everyone as an individual and recognise that you may feel ready to start volunteering before this time has lapsed. This will be discussed with you in more detail at your volunteering interview.

Will volunteering affect my benefits?

There should not be a problem with you volunteering whilst on benefits. However, it is always a good idea to keep your Benefits Agency informed that you are volunteering, and to check that your volunteering time does not inhibit your job searching time.

How do I get started?

You will need to complete the Complementary Therapy Volunteer Application Form and return it to the Volunteering Development Department, Warwick Myton Hospice, Myton Lane, Warwick, CV34 6PX. If you'd like to come in for an informal visit, please contact Jerry Lennon, Complementary Therapy Manager on 02476 841 914 or email Jerry.Lennon@mytonhospice.org

Will I automatically be offered a volunteer role?

Once your Volunteer Application Form has been received, you will be invited to attend an informal interview with the Volunteer Development Officer and a member of the Complementary Therapy Team to discuss a possible volunteer placement. Please be aware that there are often lots of people applying for volunteer roles at the same time, and that completion of your application form and interview does not automatically grant you a volunteer place. The Myton Hospices has a fair and equitable recruitment process to ensure that we place the right person in the right role. If we are unable to offer you a volunteer placement, we will provide you with information to follow up other volunteering opportunities.

Ally's volunteering story

'Ally is qualified in sound work and shamanic therapy and joined the complementary therapy team 18 months ago. She is also training in Reiki and says working with patients at the hospice is one of the most fulfilling things she has ever done. She added "I didn't expect such a rich body of knowledge and training experiences to be available. The induction programme was highly professional and covered everything that I needed to start the role from a place of confidence. Working with patients at Myton is absolutely amazing. I get so much from being able to help patients to relax and switch off from their anxiety through physical and mental relaxation. They leave the room with a calmer mind and body feeling more relaxed and at ease. Volunteering at Myton could be one of the best things you ever do – for me it has been a really transforming experience and one of the most fulfilling things that I have ever done.'



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The difference that you can make by joining our Complementary Therapy team...

Pam's Story



"Hand massage is a therapy well worth doing, especially for me as I have osteoarthritis everywhere. I find it most beneficial, as my fingers become more manipulative after a treatment and the benefit of touch from someone as lovely as Catherine (the therapist) helps make my day."

Dhami's Story



"Reiki makes me feel very comfortable. For a short period of time my focus is taken away from the pain and I feel relaxed. I am very pleased with the way this treatment makes me feel. The therapist makes me feel at ease, and I really enjoy coming to Day Hospice, as all the staff make me happy"

Len's Story



'I want to say first from my heart, that Myton Hospice is staffed by Angels. Hand massage helps relax me and diverts my attention from the chronic pain in my leg. I would miss the benefit on two counts if this treatment was not available.'

Pat's Story

"I was referred by my Macmillan nurse to the Complementary Therapy unit at Myton Hospice a few weeks after I received my diagnosis, as was my husband, as we both felt a need to learn how to relax and de-stress. After an initial meeting at Myton I was told I could try out any of their Complementary Therapies before making up my mind which one to choose. I went along with a completely open mind and opted for Reiki, as I did not really understand what Reiki was and wanted to find out. Now I can't get enough! Anita my therapist took the time at the beginning to explain everything very clearly to me and put me at ease. All I have to do is lie on the bed, listen to music and enjoy-she does the rest. I now know how to completely relax and always leave feeling re-energised. I really value the service and would recommend it to patients and their carer's."

Accepted Professional Regulatory Organisations

Myton Complementary Therapists must be a member of one of the below professional regulatory organisations – this offers a degree of assurance that the therapist is suitably qualified, is working to high standards within the industry, & that they are part of an organisation that offers a code of ethics & a complaints procedure.

Acupuncture

Traditional Chinese Acupuncture

- The Acupuncture Society
- The Association of Traditional Chinese Medicine
- The British Acupuncture Council

Medical Acupuncture

- Acupuncture Association for Chartered Physiotherapists
- The British Acupuncture Council
- The British Medical Acupuncture Society

Aromatherapy

- Aromatherapists & Allied Practitioners Association
- International Federation of Aromatherapists
- Aromatherapy Organisations Council (AOC)
- Aromatherapy & Allied Practitioners Association (AAPA)
- Association of Holistic Therapists Intl (AHPI)
- Association of Medical Aromatherapists (AMA)
- Association of Natural Medicine (ANM)
- Association of Physical & Natural Therapists (APNT)
- International Federation of Aromatherapists (IFA)
- International Guild of Professional Practitioners
- British Association of Beauty Therapy & Cosmetology (BABTAC)
- International Federation of Professional Aromatherapists (IFPA)
- British Complementary Medicine Association (BCMA)
- The Aromatherapy Society (AS)
- Federation of Holistic Therapists (FHT)

Bowen Therapy

- Bowen Therapy Professional Association
- The Bowen Association UK

Energy Therapies (Reiki, Spiritual Healing, Healing Touch, Crystal Therapy)

- Reiki Healers & Teachers Association
- The UK Reiki Federation
- National Federation of Spiritual Healers (NFSH)
- Spiritualist National Union (SNU)
- The Affiliation of Crystal Healing Organisations (ACHO) is the representative body for the Crystal Therapy Council (CTC), which is a member of the General Regulatory Council for Complementary Therapies (GRCCT)
- The Crystal & Healing Federation (CHF)
- The Reiki Association
- UK Reiki Alliance
- International Guild of Professional Practitioners
- Global Reiki Masters Association
- Healing Touch International (CHTP/CHTI)
- Healing Touch Professional Association (HTPA)
- The Healing Foundation
- Holistic Healers Association
- Healer Practitioner Association International

Body Massage, Hydrotherm, 'M' Technique

- Association of Biodynamic Massage Therapists
- International Association of Infant Massage
- Institute of Sport & Remedial Massage
- National Association of Massage & Manipulative Therapists
- Sports Massage Association
- Fellowship of Sports Masseurs & Therapists (FSMT)
- Massage Therapy Institute of Great Britain (MTIGB)
- Massage Training Institute (MTI)
- Scottish Massage Therapists Organisations (SMTO)
- Federation of Holistic Therapists (FHT)
- Sports Therapy Organisation (STO)
- General Council for Massage Therapists (GCMT)
- British Association of Beauty Therapy & Cosmetology (BABTAC)

Reflexology

- Association of Reflexologists
- International Federation of Reflexologists
- The British Reflexology Association
- Centre for Clinical Reflexology (CCR)
- International Institute of Reflexologists (IIR)
- Reflexologists Society (RS)
- Reflexology Practitioners Association (RPA)
- Scottish Institute of Reflexologists (SIR)
- Professional Reflexology

Yoga Therapy

- International Association of Yoga Therapists
- The British Wheel of Yoga

Indian Head Massage

- Complementary Therapists Association (CThA)
- The Massage Training Institute
- General Council for Massage Therapists (GCMT)
- Federation of Holistic Therapists (FHT)
- British Association of Beauty Therapy & Cosmetology (BABTAC)

Umbrella Professional Bodies

- Association of Physical & Natural Therapists
- Complementary & Natural Healthcare Council
- Federation of Holistic Therapists (FHT)
- Health & Care Professions Council
- International Guild of Professional Practitioners
- Complementary Therapists Association (CThA)
- The Massage Training Institute
- The Institute for Complementary & Natural Medicine
- General Council for Massage Therapists (GCMT)
- General Regulatory Council for Complementary Therapies (GRCCT)
- The Guild of Holistic Therapists
- The Guild of Beauty Therapists