



Edinburgh ME Self Help Group (edmesh) Therapies for ME

Volunteer Role Specification

VOLUNTEER ROLE

Volunteer Complementary Therapist.

PURPOSE OF ROLE

To undertake training in a complementary therapy, which will be of benefit to people with ME-CFS. The 'Therapies for ME' project will be managed by edmesh and funded by the Long Term Conditions Alliance Scotland (LTCAS) and the Scottish Government through the Self Management Fund for Scotland. On successful completion of the training, volunteers will provide complementary therapy treatment as a free service to **edmesh** members.

Once selected for training, the volunteer will undertake training in an agreed complementary therapy. The volunteer will be responsible for contacting a professional therapist to arrange a suitable timetable of training. A list of possible therapists who provide training can be provided by the **edmesh** 'Therapies for ME' Working Group. However, the Group may consider other therapies suggested by individual applicants.

Applicants will be required to sign an agreement for a 2 year commitment with **edmesh**; this means delivering free complementary therapy sessions to **edmesh** members over a 2 years period. The 2 year period will start from the point of completion of training.

We are expecting a volunteering commitment between 1 hour and 3 hours per week. This will be negotiable around you and can be built up over time. Your commitment will be discussed and agreed when completing your Volunteer Agreement.

Edmesh wants to offer a wide range of complementary therapies to its members. Therefore each trainee volunteer will be encouraged to choose a different therapy resulting in a varied choice for **edmesh** members.

MAIN TASKS

- To train in an appropriate complementary therapy, which the **edmesh** 'Therapies for ME' Working Group evaluate will be of benefit to **edmesh** members.
- To provide free therapy sessions to **edmesh** members, either in their home or at agreed approved premises for a period of two years.
- To meet monthly with the **edmesh** 'Therapies for M.E.' Working Group for support and supervision.
- To participate fully in the evaluation process required by **edmesh** and LTCAS

REQUIRED SKILLS, QUALITIES AND EXPERIENCE

- To have good interpersonal and listening skills.
- To be reliable, professional and respectful.
- To demonstrate commitment to the volunteering standards upheld by **edmesh**.
- To have an interest and enthusiasm for complementary therapies.
- To be willing and able to visit housebound **edmesh** members to provide the relevant therapy.
- To enjoy learning new skills.
- To have a sense of commitment to the 'Therapies for ME' Project and support its philosophy and goals.
- To be committed to completing the course you choose to undertake.
- To be committed to the long term improvement of the quality of life of people with ME-CFS.

SUPPORT PROVIDED

The volunteer will be offered support and supervision by the **edmesh** 'Therapies for ME' Working Group. This will be in the form of a monthly meeting with the Group and other trainee therapists. This will give trainee therapists the opportunity to meet, share experiences and provide mutual support. These meetings will take place in Edinburgh.

Volunteers will be reimbursed for the following: all course costs; travel, accommodation, stationery/books, equipment, practitioner insurance and postage.

BENEFITS

You will gain a recognised professional qualification at no expense to yourself. You will be fully supported and supervised by the 'Therapies for ME' Working Group.

After a 2 year commitment to providing complementary therapy to **edmesh** members, you can choose how to proceed with your professional qualification.

DISCLOSURE

All volunteer appointments will be subject to the satisfactory outcome of a Disclosure Scotland assessment.

CONFIDENTIALITY

Volunteer therapists will be required to maintain full confidentiality in terms of all aspects of their contact with **edmesh** members receiving treatment.