**Massage Therapy**

**Volunteer**

Many of those coming to the Welcome Centre are carrying a huge amount of stress and trauma. This manifests in many ways. One of a range of well-being focused services we offer is ‘head and shoulders’ massage – clothes-on, sat in a chair, but still really great for improving mood, helping with minor aches and pains and relieving stress.

We are looking for someone with a combination of experience in massage and the confidence and people skills to do this work in the Welcome Centre. This is not your average massage space! The centre is busy, sessions will be short, there will be language barriers, and for many this may be their first experience of massage.

**We are looking for someone who:**

* Is friendly and professional
* Has experience of massage, ideally a recognised qualification
* Has excellent people skills
* Able to work flexibly in a challenging and often changing environment

**Volunteers need to be:**

* Available Thursday 9:15 am to 3:15 pm
* Able to make 6 months commitment to the role
* Committed to attending training and occasional meetings

**Volunteers will get from this role:**

* To play a key part in a vibrant and supportive community
* Work with Asylum Seekers and Refugees
* Knowledge of other services that exist to support ASR’s in Bristol
* The opportunity to meet and form friendships with people from all over the world

**What we provide:**

* An induction and ongoing relevant training for your role.
* Regular volunteer meetings and support.
* References after a suitable period of volunteering experience
* Training in the UK Asylum process and other informal training opportunities

Expenses payments for costs incurred whilst volunteering