

Volunteer Role Description and Skills Profile

Role title: Oxygen Therapy Support Operator

Who we are!

We are an independent charity run by board of trustees elected by its membership and have been providing specialist self-management support therapies and activities for over 35 years from our Centre based in Leith, Edinburgh.

An increasing amount of our work is now supporting people with many neurological conditions. This includes those living with MS, long Covid, ME/Chronic Fatigue Syndrome, Stroke, Traumatic Brain Injury, Fibromyalgia, Parkinson's, and severe Migraine/Cluster Headaches.

We have a positive vision for our future, and our plans over the coming years are for growth and transformation. Developing COMPASS as a unique community hub for people living with neurological conditions, where expert self-management therapies and support can be accessed with understanding, sensitivity, and compassion.

The Role - Oxygen Therapy Delivery

To enable our Centre to provide a high-quality service we need support – which is where you come in -supporting our staff delivering our unique oxygen therapy service and our clients in accessing this service. Oxygen Therapy involves providing the body with extra oxygen. During treatment, people breathe in pure oxygen in a pressurised chamber. Many people have benefited from reduced severity of symptoms, particularly with critical symptoms such as: fatigue, poor balance and mobility, sensory perception difficulties, bladder control, incontinence and, in some cases speech problems. Improvements in any one of these can be life changing. Oxygen therapy is provided in our Barochamber, which is big enough for 8 people. Each person breathes pure oxygen through a mask whilst under pressure (the pressure is variable for each session.) Each session lasts about 90 minutes.

What skills and abilities will I need to have?

- A good sense of humour with a flexible and adaptive attitude
- Ability to use own initiative and work unsupervised.
- Basic computer skills including Word & Excel.
- Good communication skills.
- Interest in the charity sector
- Admin or office support experience

What are the goals and objectives?

To effectively work with our Centre's staff team, to assist with the smooth running of the Centre's services. Contribute to the smooth operation of the

“Compass Therapy Support Community” is the working name of the Neuro Therapy Place, a Scottish Charitable Incorporated Organisation (SCIO), Charity No SC122837

administrative process. Assist our clients with mobility issues, where necessary, contribute to the friendly and caring environment of the Centre.

How much time should I offer?

The role requires a minimum of 2 hours per week.

Is there an induction and training?

You will receive Induction training when you start, including a tour of the Centre, team, and facilities introductions. We will provide any further specialist training you need to complete the role.

What ongoing support/guidance will there be? You will be supported by a dedicated staff member and the rest of the team, with regular catch-up meetings. They will be available to answer questions you may have about your role. Opportunities to meet and network with staff and fellow volunteers during the year.

What days of the week/time of day would you need me? you would need to be available during Centre opening hours – exact days are open to discussion/negotiation.

Where will I be based? You will be based at our Centre, at 40c Swanfield, Edinburgh.

What are the benefits to me? The benefits this role offers include meeting and working with new people; developing new skills and experiences; helping people living with neurological conditions.

Will my expenses be paid? We offer to pay volunteers' "out-of-pocket" expenses within agreed guidelines. We have a Volunteers Expenses Policy. which you are welcome to look through before starting your placement.

What's the next step? To find out more, please contact Jemma, our Community Engagement Officer on 0131 554 5384 or email jemma@mstc-lothian.org.uk. Jemma will be happy to discuss the role in more detail with you and answer any questions you may have.

We always welcome volunteer applications.

“Compass Therapy Support Community” is the working name of the Neuro Therapy Place, a Scottish Charitable Incorporated Organisation (SCIO), Charity No SC122837