



Volunteer Role Description

Volunteer Title:	Volunteer Oxygen Therapy Operator
Supervision/ Main Contact:	Gareth King, Senior Project Worker & Volunteer Co-ordinator
Hours Required:	Minimum of 2hrs per week for an ongoing period
Centre Opening Times:	Mon: 09.15-19.15; Tue: 09.15-20.30; Wed: 09.00-20.30; Thu: 09.00-16.30; Fri: 09.00-16.30, Sat: 10.00-14.00.

Description of MS Therapy Centre

The Multiple Sclerosis Therapy Centre Lothian is a locally-based independent registered charity, set up in 1984 by a group of people living with MS, their families and friends. Since then we have been providing practical and beneficial information, support services and therapies at our Swanfield Centre, in Edinburgh. We offer access to a wide choice of support, allowing our clients the opportunity to self-manage their symptoms. Our therapies include: physiotherapy, oxygen therapy (formerly known as hyperbaric oxygen therapy), yoga, Pilates, affordable reflexology, massage, aromatherapy and other complementary services.

Description of Oxygen Therapy

Also known as Hyperbaric Oxygen Treatment (HBO), Oxygen Therapy involves providing the body with extra oxygen. During Oxygen therapy people breathe in pure (100%) 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 a steel chamber 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.) Initially clients attend for 15 sessions (as far as is possible on consecutive days). After this period people usually attend once a week. Each session lasts about 85 minutes.

Purpose and Aims of Volunteer Role

We need welcoming and friendly people who will help our clients feel comfortable during their time in the Centre. You will operate the Oxygen Chamber and also assist with a variety of support tasks. No experience is necessary as full training will be provided. You must however, be physically able to manoeuvre wheelchairs in and out of the Oxygen chamber and in the Centre.

What skills and qualities do I need?

It's not all about hard skills. Our volunteers need a particular set of personal qualities: flexibility, self-assurance and a flair for problem solving are all key-attributes. You'll also need to work well in a team, have a sense of humour, and be sensitive to the needs of others.

What we look for in our Volunteers

- Commitment and reliability.
- A kind and welcoming attitude.
- Ability to follow guidance regarding operating the Chamber, Health & Safety, First Aid.
- Adaptability, able to undertake a wide variety of tasks to assist in the smooth running of the Centre.
- Suitable for 18 year olds upwards

What will it involve?

- Undergoing Oxygen Therapy (Chamber Operation) training to achieve a Certificate of Competence. This normally can be completed in 10 hours and be delivered over the first few weeks of your volunteering. It will include:
 - Understanding the function and control of the mechanical components of the Oxygen Chamber
- How oxygen therapy helps the body
- How to operate the chamber safely, for the care and wellbeing of our clients.
- Completing records for each session.
- Observing the clients whilst inside the chamber and maintain visual and, audio contact throughout the whole session.
- Checking equipment before and after each session, reporting any faults or deficiencies.
- Helping clients into and out of the Chamber ensuring entry and exit is safe.
- Keeping the chamber tidy.

When will I be needed?

Our clients access the Oxygen Chamber between 09.30 and 20.00, Mondays to Thursdays, and between 09.30 and 14.00, Fridays and Saturday's, therefore volunteer shift times can vary from 2-4 hours throughout the week, and weekend.

What support will I be given?

- Induction Training – policy and practice guidelines
- Understanding Multiple Sclerosis
- Training on Booking/Admin System and Oxygen Chamber
- Training in Moving & Handling/Risk Assessment
- Expenses – travel and any authorised 'out of pocket' expenses
- Supervision and support from your Volunteer Co-ordinator and the Centre's staff team

What will I gain from volunteering?

As a volunteer you can not only gain important transferable skills and experiences that will aid your personal and professional development, but you also get the chance to do something useful and rewarding – making a real difference to lives of people living with MS, and at the same time meet new people and friends.

Contact Details

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