

## Further information

<i>Volunteer activity</i>	<b>Volunteer Reflexologist</b>
<i>What I do</i>	Attend a drop in centre run by Barnet and District Cancerlink which offers therapies to cancer patients locally who may be currently undergoing treatment or have had treatment recently.
<i>Time commitment</i>	One two hour session per week. Occasional additional help at fundraising activities.
<i>Why I do it</i>	I am a trained reflexologist and this is a therapy that can be very beneficial for cancer sufferers. Due to other work commitments I am unable to devote much time to treating private clients but I particularly wanted to be able to take on some voluntary work and reflexology is offered by a number of charities and hospices. There is a great sense of satisfaction in giving people some time for themselves to receive a very relaxing treatment and enabling them to leave feeling much better than when they arrived. For many people the drop in centre is a life saver providing an opportunity to share their problems and worries with others undergoing similar medical treatment.
<i>Downsides</i>	Sometimes Wednesdays can be busy and it is hard to drop everything to run to the charity. In an ideal world it would be good to be able to offer even more time to allow longer treatments. There is a sense of responsibility in that the patients attending are dependant on therapists turning up and it is not a role to take on unless one can commit the time.
<i>What to do next</i>	It's easy to find out more about being a volunteer by contacting Barnet and District Cancerlink <a href="http://www.carers.org/barnetanddistrictcancerlink">www.carers.org/barnetanddistrictcancerlink</a> this is a very small charity but Macmillan Cancer Support would be another good starting point <a href="http://www.macmillan.org.uk/getinvolved">www.macmillan.org.uk/getinvolved</a>