



Massage Volunteer Information Pack

'It was an honour and pleasure to massage so many dedicated fundraisers. Usually I am massaging dedicated sports athletes so this was a special day and I was genuinely moved by the experience.' Lisa – *Pink Ribbonwalk 2011* volunteer masseur

The *Pink Ribbonwalk* 2012

The Breast Cancer Care *Pink Ribbonwalk* in association with woman&home is a much-loved walking event that is now in its eighth year. There are five *Pink Ribbonwalk* events in 2012 each with a 10 or 20 mile circular route starting and finishing in a stunning location:

Saturday 12 May – Scone Palace, Perth, Scotland, PH2 6BD

Saturday 19 May – Blenheim Palace, Woodstock, Oxfordshire, OX20 1PX

Saturday 26 May – Petworth House, Petworth, West Sussex, GU28 0AE

Saturday 9 June – Cholmondely Castle, Cheshire, SY14 8AH

Saturday 16 June -Marble Hill Park, Twickenham, London, TW1 2NL

How long will I be volunteering for?

- You will be needed to massage walkers after they cross the finish line. The majority of walkers will finish between 3.30pm and 5.30pm; however some may not finish until 7pm.
- Please arrive on site at 1.30pm and stay until 6pm if possible.
- If you can stay for longer, or can only come for a shorter time, that's fine. Please let us know when you register.

What will I be provided with?

- Water and refreshments
- Volunteer 'crew' t-shirt (although you can wear one advertising your massage school or business if you wish)
- Free parking at the venue (you will need to bring your car park pass which we will email nearer to the date)
- Hand sanitiser gel



What will I need to bring?

- Your own massage bed
- Your own oils
- Your own towels
- A small amount of money for a cold drink or to purchase something from the bar
- A small rucksack to keep all your belongings together.



Your role

We hope to offer all our walkers a well deserved quick leg massage, no more than ten minutes in length to allow as many walkers to be seen as possible. We will operate on a first come first served basis, as we expect between 750-1000 walkers at each event and we know it will not be possible to offer each of them a massage.

Around a third of our walkers have a history of breast cancer, and as such it may be prudent to ask if there is anything you should know about, or any areas you should avoid massaging. Hopefully by sticking to leg and foot massages we will avoid any sensitive areas.

Taking donations

We will have a donation bucket in the marquee in case walkers wish to make a donation in return for their massage, but this is not compulsory, as all our walkers have already committed to raising £175 in sponsorship each. This is our way of saying thank you, helping them to recover after the walk and making their day extra special.

Insurance

Massage therapists ideally must be qualified in their field and have their own insurance. We will need to see a copy of your qualification and insurance prior to the event. Please email or post these to the address below. We are able to accept student masseurs if a teacher is able to volunteer with you on the day or you are able to provide a letter from your massage school stating that they are aware you are volunteering at a Breast Cancer Care event and are prepared to accept liability if a claim is made. We would also require a copy of your school Public Liability Insurance.

Bringing equipment

If you have heavy equipment, you can let the car park marshals know you need to drop it off nearer to the event site and they will direct you to the massage marquee, but we will require you to then return your car to the main volunteer car park. However, all our parking is close by.

'Just to say a very big "Thank You" to all concerned in such a fabulous day in Blenheim on Saturday. As usual the organisation was excellent, and I know you couldn't arrange the weather, but that too was just perfect! Everyone, from the car park marshals, to the route marshals, registration volunteers, rest stop helpers and masseurs were just superb! - always smiling and encouraging us on our way. Added to that, the delicious fruit and snacks certainly helped us on our way round the course!' - Rosalind 2011 Pink Ribbonwalk participant

How do I register as a massage volunteer?

You need to fill out a registration form to confirm yourself as a volunteer. You can do this on our website [here](#).

Final instructions will be sent via email approximately two weeks prior to the event. This will confirm arrival times, directions to the venue and your car park pass and what to do when you arrive. In the meantime if you have any questions please contact Suzie on 0207 960 3509 or via email to rwassistant@breastcancercare.org.uk