Volunteer Role Description

We hope that all North Richmond Community Health (NRCH) volunteers will help us work towards improving the health of our community through a shared vision and values.

**NRCH Mission:**

Building healthy communities by making healthcare more accessible and culturally relevant

**NRCH Vision:**

Healthcare that builds community

**NRCH Values:**

Innovation, embracing diversity, equity of access, organizational learning, respect for others, openness, connectedness with our community

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| Volunteer Role Title | Well-being Volunteer – Yoga instructor |
| Reports to: (position and name) | Mental Health Project Coordinator –  Achut Thuc |
| Hours: (day, shift duration, frequency) | Weekly on Tuesdays or Fridays  From 5.00pm for 2 hours |
| Location: | North Richmond Community Health  23 Lennox Street, Richmond |
| Purpose of the role: | Your role will contribute to the Healthy Communities Team and NRCH Strategic Objectives, specifically by:  1. Providing opportunities for community members to join in social activities that support their physical and mental health  2. Encouraging participation in activities that enhance a sense of well-being and social connection. |
| Duties: | 1. Leading a womens only yoga group. 2. Ability to assess safe yoga for individuals with a range of chronic conditions or injuries. 3. Ability to tailor a yoga class to meet the varying needs of participants. 4. Contributing to a welcoming, inclusive, safe and encouraging environment. |
| Selection Criteria - Essential | * Certified Yoga Teacher * Membership to Yoga Australia and current Professional Insurance cover. * Knowledge of common physical conditions, such as diabetes and how to develop yoga classes to accommodate different physical needs/limitations. * Good interpersonal and communication skills. * Reliable. * Ability to work with individuals, or groups with diverse backgrounds. * Patient, respectful, inclusive. |
| Selection Criteria - Desirable | * Qualifications in community services, health, exercise, youth work, psychology or similar. * Previous experience in a similar environment desirable. * Ability to speak additional languages |

Conditions of appointment:

* Clear National Police Check
* Current Working with Children Check
* When required, clear International Police Check
* Commitment to comply with NRCH policies and procedures, Code of Conduct
* Evidence of COVID-19 Vaccination status

This is a volunteer role and does not mean the successful candidate will be offered a paid position

I have read and agree to undertake the duties and conditions of this volunteer role description.

Print Name: Signature:

Date: