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

|  |  |
| --- | --- |
| 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 FridaysFrom 5.00pm for 2 hours |
| Location: | North Richmond Community Health23 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: