

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	Volunteer Assistant – Chair Based Exercise Program
Reports to: (position and name)	Physiotherapist – Allied Health
Hours: (day, shift duration, frequency)	Monday – weekly. 9.30 am to 11.45 am
Location:	Richmond Community Health Centre 23 Lennox Street, Richmond, Victoria Ground floor community rooms.
Purpose of the role:	Your role will contribute to the Allied Health Team and NRCH Strategic Objectives, specifically by: 1. Supporting community members to participate in physical activities in a safe environment. 2. Encouraging participation in a friendly and inclusive group activity 3. Creating a welcoming and social place for social connections.
Duties:	1. Setting up the room for the class which includes moving light furniture, arranging hand weights for participants and attendance records. 2. Welcoming participants and making sure they are comfortable and find a seat. 3. Demonstrating, under the guidance of the facilitator, one option of the exercises for participants to follow.

	<p>4. Providing individual assistance as appropriate and requested.</p> <p>5. assisting tidy up of the rooms following the session.</p>
Selection Criteria - Essential	<p>Reliable and punctual.</p> <p>Physical ability to move tables and chairs, including lifting chairs for stacking.</p> <p>Ability to follow instructions</p> <p>Good interpersonal skills and verbal communication.</p> <p>Supportive, encouraging and patient</p> <p>Ability to work in a team and a group environment</p> <p>Ability to work with people from diverse backgrounds and ages.</p>
Selection Criteria - Desirable	<p>Qualifications in allied health or fitness/exercise physiology, or similar.</p> <p>Experience working with people with disabilities or physical limitations.</p> <p>Experience in a similar role or environment</p>

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: