

# Volunteer Role Description

At North Richmond Community Health we welcome volunteers who share our vision and want to contribute to our Strategic Priorities 2024-27.

Our Vision is to enhance lives and strengthen community.

Our purpose is to pursue care solutions with a strong focus on addressing health inequity.

Our Strategic Priorities 2024-27 are to:

- Enable affordable and sustainable healthcare solutions that foster connection and community.
- Be a safe place for harm reduction and addiction services.
- Advocate for the rights of the residents of the North Richmond Housing Estate to be respected and upheld.
- Create a thriving organisation and workforce.

The Values we bring to our work are:

- Making a difference •
- Being courageous •
- Working together •
- Embracing diversity •

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.

	<p>2. Welcoming participants and making sure they are comfortable and find a seat.</p> <p>3. Demonstrating, under the guidance of the facilitator, one option of the exercises for participants to follow.</p> <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> <p>Speak an additional language particularly Vietnamese or Mandarin.</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

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: