

Active Connections

Health Promotion Assistant (Volunteer)

Healthy Cities Illawarra has a wonderful opportunity for Health Promotion volunteers to work alongside our Health Promotion Officers for physical activity to assist with the delivery of the Active Connections program.

Job type: Volunteer

Capacity: Volunteer approximately 3 hours per week

- Monday: Aqua Aerobics & Swimming 9am-2pm Beaton Park July 25th- September 12th
- Wednesday: 5x5 walking Program 10am-12 Stuart Park Wollongong August 3rd- August 31st

Supervisor: Active Connections Program Manager

Job Location: Healthy Cities Illawarra (6-10 Princes Highway, Fairy Meadow) & varying locations in Wollongong depending on the program activities.

Why Volunteer with HCI?

- Gain professional skills and experiences across multiple programs.
- Meet new people, build your professional network and have fun!
- Be part of the team designing the infrastructure of a healthy community
- Receive ongoing training and development opportunities
- Be first in line for our casual and paid positions
- Join exclusive HCI Volunteer excursions

About Healthy Cities Illawarra

We are Healthy Cities Illawarra Inc., the 'glocal' organisation working to create healthy environments and enabling healthy choices for the people of the Illawarra and Shoalhaven, NSW. We are dedicated to addressing underlying social, economic and environmental causes of health inequality and working in partnership with local government, health care providers and other community organisations to deliver meaningful health and wellbeing outcomes for our community.

About the Active Connections Program

Healthy Cities. Healthy People.

Active Connections is a free initiative by Healthy Cities Illawarra and SCARF Refugee Support that delivers physical activity programs for women from recent migrant and refugee backgrounds. The aim is to foster social inclusion and build social connections for women from recent migrant and refugee backgrounds. Additionally, the program aims to break down barriers to participation in physical activity, increase fitness and confidence in participants, sustain active behaviours and connections as well as increase cultural awareness and acceptance of diversity in our community. Program activities include:

- Walking and gentle exercise (e.g: yoga).
- Swimming and water safety
- Learning to ride a bicycle
- Diversity and inclusion training
- Events and more!

Job description

Active Connections Volunteers are a part of our team in providing a fun, inclusive, positive and educational experience for women from recent migrant and former refugee backgrounds and their young children. Active Connections Volunteers will assist with the facilitation of the program activities.

Key areas of responsibility:

- Co-facilitate the physical activity and exercise sessions alongside the Active Connections team
- Assist with activities for women as well as young children
- Assist with program preparation & evaluation
- Actively contribute to health promotion for physical activity
- Be a change agent! Have those conversations that might assist and empower women to make healthy choices.

Attributes, Qualifications and Experience

- Reliability, flexibility, organisation skills and communication skills are a must!
- Work respectfully in a friendly team environment
- Current NSW Working with Children Check for Volunteers
- Interest and passion for
 - public health, health promotion, social marketing
 - social justice, diversity and inclusion
 - empowerment of women from CALD (culturally and linguistically diverse) communities
 - promotion of physical activity and an active lifestyle

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