

Active In-Betweens

Health Promotion Assistant (Volunteer)

Healthy Cities Illawarra has an exciting opportunity for volunteers to work alongside Healthy cities Illawarra's health promotion Officers to assist with the delivery and evaluation of the Active InBetweens program. The Active In-Betweens program supports children aged 8-12 years living in communities considered disadvantaged. It provides a weekly after-school program in local community settings with a focus on healthy lifestyles and physical activity.

Job type: Volunteer

Capacity: 2:30-5:30 PM Tuesday, Wednesday or Thursdays

- Tuesdays 2:30-5:30pm Bellambi
- Wednesdays 2:30pm-5:30pm Bundaleer or SAYCA
- Thursdays 2:30-5:30pm Horsley (HOK)

Supervisor: Program Manager Active Connections- Michelle Barry

Job Locations: Active In-Betweens is currently run at community centres in three locations; Horsley Community Centre, Bellambi Neighbourhood Centre, Bundaleer Community Centre in Warrawong and SACYA in Shellharbour.

Office: Healthy Cities Illawarra (6-10 Princes Highway, Fairy Meadow)

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

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partnership with local government, health care providers and other community organisations to deliver meaningful health and wellbeing outcomes for our community.

About the Active In-Betweens Program

The Active In-Betweens program is strongly connected to their respective communities. Program coordinators, project officers, volunteers, partners and continuous evaluation ensures that the program is meeting objectives and goals to achieve the best possible results for participants. The program is facilitated by experienced program facilitators and volunteers with backgrounds in public health, allied health and social sciences. The program provides opportunities for children aged 8-12 to:

- learn about interpersonal behaviours that contribute to good health,
- develop and refine fundamental motor skills through play-based learning
- eat and learn about healthy food
- connect positively with peers and supportive adults, and
- engage with positive social and neighbourhood connection opportunities

Job description:

Volunteers play an integral role in the Active In-Betweens Program. Volunteers will work with program team members and associated community members to:

- Assist with project planning and the development of program resources for activities
- Assist in facilitating program activities including setting up and packing up before and after programs
- Engage with participants as a positive mentor/role model
- Encourage children to form positive connections with their peers and community

Key areas of responsibility:

- Develop relationships between clients, community groups and the organisation
- Maintain safe work practices
- Understand and uphold child safe practices throughout the entirety of the program
- Comply with WHS responsibilities including risk assessments for the physical environment and for specific program activities where required
- Assist in the collection of relevant program evaluation data as required

Attributes, Qualifications and Experience

- Reliability, organisation skills and communication skills are a must!
- Ability to communicate clearly and respectfully
- Flexibility

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- Work in a friendly team environment
- Demonstrated ability to work with a diverse range of people
- Current NSW Working with Children Check for Volunteers
- Interest and passion for
 - public health, health promotion
 - Youth, community welfare, social justice
 - Allied health, social sciences
 - disease prevention

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**World Health
Organization**



We are part of a United Nations World Health Organisation Global Movement.
Member of the Alliance for Healthy Cities, WHO Western Pacific Region.