



## HEALTH PROGRAM VOLUNTEERS

Our Community Health Program is designed to empower locals to take control of their physical and mental wellbeing. 'Healthier' is a key element of our vision for a happier, healthier and kinder community.

There are two roles available:

### ROLE: EXERCISE CLASS VOLUNTEERS

We are seeking volunteers to help us to coordinate the logistics for the Little BIG Foundation's free exercise classes in Harvest Park.

Responsibilities:

- Helping the trainer to set up and pack away exercise equipment.
- Welcoming attendees as they arrive and helping the trainer to check everyone in.
- Connecting with attendees - introducing new attendees to the group, supporting with any questions

Commitment:

- Weekly commitment - you can choose one or more days which you will support on an ongoing basis
- 1.5 hours for each session (you can join the exercise class)

Suitable for:

- Community members that are interested in participating in the exercise classes and supporting their neighbours to get healthier.
- Individuals capable of carrying basic equipment such as yoga mats and weights to and from storage (you will not be asked to carry something outside of your ability).
- Outgoing people who can make newcomers to the classes feel comfortable.

Number of positions:

- Up to 5 volunteers





## **ROLE: HEALTH CHECK VOLUNTEERS**

We will be running 3 days of free and confidential community health checks, which will cover key health issues, so community members can take preventative action to prevent future issues arising. It is important to create a safe and welcoming space, where community members feel they can talk in confidence with the registered nurses. We're looking for volunteers to support us with the running of the 3 days.

Responsibilities:

- Setting up the space with the necessary furniture and any other requirements.
- Greeting community members into the Little BIG House, making them feel at ease and providing them with a pre-check questionnaire to complete.
- Supporting the doctors and nurses with intake and administration as needed.
- Ensuring the catering is topped up and that community members have water or tea/coffee.
- Packing up at the end of the day.

Commitment:

- There will be 3 x 3 hours shifts on each of the three days.
- This is a one-off event (over 3 days).
- You are welcome to volunteer for more than one shift or day.

Suitable for:

- Community members that are interested in supporting their neighbours with preventative health checks.
- Organised individuals who can ensure the day runs smoothly.

Number of positions:

- 2 volunteers required per shift (18 shifts in total over three days) – you are welcome to volunteer for more than one shift or day.

