

Somerset West Community Health Centre (SWCHC)

VOLUNTEER POSITION DESCRIPTION

SWCHC Mission	To support people and communities to enjoy the best possible health and well-being
Program Name	Rochester Heights Community House – Exercises for Seniors, such as Chair Yogo, Chair exercise or low-impact exercises
Program Purpose	The Rochester Heights Community House offers a variety of educational, recreational, and social programs for residents of the Somerset West Service Area. The objective is to offer workshops with interesting activities and ideas for seniors who live in the community.
Volunteer Position	Exercise for senior clients Volunteer Instructor.
Supervisor/Line of Accountability	Reports to Christian Flores (Rochester Heights Community House Coordinator), who reports to Larisa Cheshire (Manager, Community Engagement)
Team	Community Engagement
Role Classification:	High Touch (volunteering with in-person contact)
Volunteer Responsibilities	<ul style="list-style-type: none">• Provide low-impact exercise facilitation with senior activity every week.• Once or twice a week and should occur during the morning or afternoon (before 4:00 PM) between Monday to Friday.
What is required of the volunteer (skills, abilities, time)	<p>Schedule:</p> <ul style="list-style-type: none">• The volunteer will have a set schedule.• The activities can happen once or twice a week and should occur during the morning or afternoon (before 4:00 PM). <p>Skills/Abilities:</p> <ul style="list-style-type: none">• Must fulfill duties non-judgmentally and embrace the belief that diversity strengthens us.• Experience working with seniors is required.• Demonstrated skills and expertise in facilitating low-impact exercises, particularly with seniors.
Benefit to the volunteer.	

	<ul style="list-style-type: none"> • Excellent communication skills
Screening Requirements	<p>Opportunity to give back to the community. Opportunity to share and build existing skills. Opportunity to build new skills. Opportunity to gain new skills toward career development.</p>
	<ul style="list-style-type: none"> • Interview with the volunteer coordinator or program staff • Police Record Check (Vulnerable Sector Check) • 2 references • Mandatory Vaccination (as per policy) • COVID Attestation form (volunteers must sign a form confirming that they are under the age of 70, healthy and unaware of any COVID exposure)
Orientation Required	<ul style="list-style-type: none"> • SWCHC Volunteer Orientation (includes privacy and confidentiality) • Orientation to team COVID practices and Personal Protective Equipment • Accessibility for Ontarians with Disabilities Training (AODA): this is required for all positions that require client contact. • Program-specific orientation, including Joint Occupational Health and Safety
Linguistic Profile	English and Chinese (Mandarin or Cantonese) or English and French
Probationary Period	Three months
Term	A minimum of 6 months commitment
Updated	January 29, 2024

Please note that the screening requirements for each position have been determined through the use of a risk assessment for each position. Screening practices are consistently applied.

Somerset West Community Health Centre is an equal opportunity employer who values the diversity of individuals in our volunteer program. If at any stage in the selection process you require special accommodation, please let us know the nature of the required accommodation.

To express interest, please contact:

Doreen Ju

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Somerset West Community Health Centre

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