

Friends of Lifeline Gippsland – Mind the Valley Project – Volunteer Position Description

Position title: Friends of Lifeline Gippsland – Mind the Valley Project

Organisation name: Lifeline Gippsland (LLG)

Location of position: Latrobe Valley (Latrobe City Local Government Area)

Start date: Either Tuesday 17 or Thursday 19 July

Overview and purpose:

During the remainder of 2018, Lifeline Gippsland is running a mental health community development project called Mind the Valley.

Information about mental wellbeing will be delivered to members of the Latrobe Valley community at interactive information sessions called “Community Conversations”. Friends of Lifeline Gippsland volunteers will take part in the design of these sessions with Lifeline Gippsland staff, and participate in delivering that information to community members.

The sessions will provide best practice information about mental wellbeing, including:

- messages that reduce the stigma around mental health
- skills to look after yourself – including how to get help
- skills to look after each other
- messages that mental wellbeing is a ‘whole of community’ responsibility

Time commitment: To participate in the Mind the Valley Project as a Friend of Lifeline Gippsland, volunteers are required to attend a minimum of 3 sessions as outlined below:

- One of either of the following workshop development sessions:
 - Tuesday 17 July 6pm – 8pm Lifeline Gippsland Morwell
 - Thursday 19 July 10 am – 12 pm Lifeline Gippsland Morwell
- Community Conversation training on Saturday 28 July 1 pm – 5pm Lifeline Gippsland Morwell
- At least one 2-hour Community Conversation with the public during September/October 2018 – dates TBC

Key Lifeline Gippsland Staff:

Sam Forbes (Community Development Officer) and Annette Davey (Crisis Services Manager).

Key responsibilities:

Friends of Lifeline Gippsland volunteers will play an integral role in this project by contributing to the design of the mental health awareness information, and the delivery of that information to community members.

Skills experience and attributes:

There are no education or experience requirements for this opportunity. We are looking for volunteers from all walks of life that are passionate about their community and would like to contribute by way of helping others learn about mental health and wellbeing.

AS per Lifeline Gippsland's OM PP 3.1 Operational Excellence, volunteers will be expected to role-model the following values:

- Quality & Professionalism
- Respect
- Fairness
- Integrity
- Collaboration
- Sustainability

Training requirements:

Yes, as described in the Time Commitment section above

Benefits for the volunteer:

Volunteers will have a fantastic opportunity to contribute positively to the wellbeing of the wider community. This opportunity offers a unique volunteering experience to come and work collaboratively with Lifeline Gippsland to design a Mental Health and Wellbeing information Workshop. Together, our innovative ideas will be out there doing some good in the community in just a few months.

Benefits to Lifeline Gippsland:

Lifeline Gippsland will gain tremendous benefit from including the wisdom of the community in this community development project. This will enhance the information presented and ensure that it is in language that is easy for community members to understand and put into practice.

Other requirements of the role:

- Police check

Lifeline Gippsland CEO signature:

Volunteer signature:

Date: