

Volunteering for Strive 2 Thrive



Strive 2 Thrive is a voluntary committee run, non-profit exercise and wellbeing program servicing the cancer community within the Geelong region.

Provided free of charge to participants as a community service, we rely completely on the generosity of the local community for sponsorships and donations in order to operate.

There are no paid employees or members of Strive 2 Thrive, so voluntary support is absolutely crucial to our successful operation. That's why it is very important to us that our volunteers are placed in useful roles that match their individual skills and strengths – and that they are always supported and valued for their assistance and effort.

OUR EXPECTATIONS

First and foremost – Our mission statement and our values (which form part of this leaflet) are the key drivers for our successful operation, and the reason we do what we do.

For this reason, we must all familiarise ourselves with our mission and values and understand them, always undertaking our roles in representing Strive 2 Thrive with these values and our mission in mind.

The people our program serves to assist are at a very vulnerable point in their lives and they are relying on and trusting us to help them in their recovery. As well as being supportive, empathetic, considerate, and respectful of these individuals in any contact we may have with them, we also we need to be –

- motivated
- honest
- trustworthy
- punctual
- reliable
- dependable

and able to commit - that is, make sure we have the necessary time to be actively involved in all of the voluntary tasks we commit to, no matter how big or small. And

Of course there are always unexpected things cropping up in our lives that change our plans, and we understand that there may be times you will be unable to assist. When this happens, we ask that you give us as much notice as you can so we can arrange for someone else to take your place.

We operate at our best when we operate as a team, so it's really important that we are all team players, being supportive, respectful, non-judgemental and considerate of other team members and volunteers, respecting their views and opinions, and of course their privacy.

IN RETURN

We will always try to make sure your roles suit your personal preferences, motivation and skills.

Regardless of the duties you undertake, we will make sure you are provided with the information, resources, tools, support and guidance you need to do the tasks.

We will make our contact details available to you so you can reach us easily if you have questions or need assistance.

We will always be open to your suggestions, ideas and feedback and we will involve you in any decisions that affect your area of responsibility.

We will keep you informed of any changes (and the reasons for those changes) as and when they occur, and we will give you as much notice as we can of any upcoming events we need your help with.

Thank you very much for taking the time to consider assisting us with our community program.

Any voluntary time contribution you make to Strive 2 Thrive is welcomed with our sincere appreciation.



Strive 2 Thrive Geelong Inc.
Association No. A0091026Z

Empowering people
to get back into life
after cancer

OUR MISSION

Our mission is to enhance and facilitate the quality of life for individuals following a cancer diagnosis and treatment, empowering them to regain physical strength and confidence, free of charge, through the provision, of a structured, supervised and individualised program of exercise and healthy lifestyle education which is undertaken in a medically, physically, and emotionally supportive environment alongside others who have shared the cancer journey.

Our role is this is threefold –

- To facilitate this physical and emotional healing,
- To offer a wellbeing and lifestyle education and change program, and
- To motivate and empower these individuals to succeed.

Working collaboratively with local medical and allied health professionals to empower individuals, post cancer diagnosis and treatment, we encourage physical and emotional recovery, restore and enhance quality of life, and reduce the likelihood of a cancer recurrence.

OUR VALUES

Our focus is always on each of the individuals we serve, caring for and serving our participants with respect, dignity, integrity, responsibility and compassion.



We respect the privacy of our participants and ensure absolute confidentiality in relation to all matters relating to their involvement in the program.



Our message is always positive, that together and individually we can effect change.



We encourage all involved in the program to share their experiences and positive outcomes with others in the community, in order to effect greater change.



We strive for excellence through continual evaluation and improvement in the programs we offer our participants.



Decisions made today will take into account both the present and future of Strive2Thrive, its participants, medical and allied health service professionals and the broader cancer community.