



QFNC WELLBEING TEAM

Objectives:

Support improved health and wellbeing for the playing group and create an environment where members can confidently seek out help and advice.

Wellbeing team members are volunteers and may not be trained health professionals. Their role is to support those seeking assistance and facilitate referral on to trained professionals who can provide clinical support where indicated.

Responsibilities:

- Be a point of contact for club members experiencing emotional or psychological difficulties
- Provide information about support services available and how to access them
- Identify training opportunities to improve wellbeing, resilience and personal growth within the club
- Work with coaches to implement wellbeing initiatives or respond to concerns raised
- Contribute to the creation of a healthy club environment that promotes good health and well being
- Support the promotion of diversity and inclusion across the club (gender, religion, disability, cultural background, sexual preference)
- Support the promotion of gender equity and respect for women and girls
- Work with others in the club to ensure a positive child-centred environment
- Act as a point of contact for support staff, volunteers, parents, children and young people where concerns about children's welfare, poor practice or abuse are identified
- Coordinate the provision of training resources (such as videos and other instructional / educational information) to coaches and teams.

Relationships

- Supports all coaches, players, support staff, volunteers and club members.

Accountability

- The activities of the Wellbeing team are coordinated by the QFNC committee member responsible for the wellbeing portfolio.
- The wellbeing team is accountable to the President and Committee of the QFNC.
- Seek ratification from the Committee prior to committing the Club to any financial expenditure or action.
- Provide a report on portfolio operations to the monthly Committee meeting.

Key Qualities

- Well-developed communication skills especially as an effective listener.
- Friendly, approachable and able to show empathy
- Able to develop good relationships internally and externally
- Be inclusive of all people regardless of gender, religion, disability, cultural background or sexual orientation.
- Be a good role model and a positive image for the club
- Be able to source and impart information to others



Training

- The wellbeing team members will be assisted to identify and access (where possible) opportunities for education and training to assist them to perform this role.

Term

- Wellbeing Team members are requested to take on the role for a minimum of 1 year/season.