



Role Description

Health & Wellbeing Intern 6 months (Unpaid)

Background:

Men's sheds are community spaces where men can come together to share skills, make friends and engage with others in their communities. The men's sheds movement has managed to address a key challenge that health service providers, educators and others have been struggling with for years – how to get men involved.

As the umbrella organisation overseeing men's sheds in Ireland, the Irish Men's Sheds Association aims to make it as easy as possible for any group of men in Ireland to set up, run and maintain a men's shed. To this end, we provide information, resources and support to our member sheds throughout Ireland; listening and responding to our members' concerns is a cornerstone of our ethos.

Sheds for Life is the Irish Men's Sheds Association's dedicated men's health and wellbeing initiative. It provides a positive, holistic approach to men's health that targets aspects of physical, mental, social and emotional wellbeing within the health-enhancing, supportive environment of a men's shed. In line with the ethos of men's sheds, a grassroots approach is applied, placing the men's needs and views at the core of all associated health promotion activities.

Purpose of Role:

To support the Health and Wellbeing Manager in the roll-out of the Sheds for Life initiative for men's sheds throughout Ireland and the development of phase 2 of the association's dedicated men's health website Malehealth.ie

Key Responsibilities:

- [To work closely with the Health & Wellbeing Manager to ensure the Sheds for Life initiative maximises opportunities to promote a wide range of men's health issues in partnership with men's sheds and relevant partner organisations
- [To keep records, collate and analyse information about project activity and produce reports including use of CRM database system
- [To carry out preliminary research on suitable health topics and organisations for inclusion in phase 2 of the Malehealth.ie website
- [To provide administrative support to Health & Wellbeing Manager and to other areas within the IMSA when required

Qualifications/Skills Required:

- [Qualification and/or experience in Health Promotion or similar discipline
- [Knowledge of relevant national health policies and strategies
- [An interest in working within a non-government organisation
- [Strong writing skills and excellent attention to detail
- [Strong communication skills - online, written, in person and using the telephone
- [Good organisational and time management skills
- [Ability to work independently as well as part of a team
- [Strong IT skills
- [Web editing experience is desirable but not compulsory
- [Experience working with a CRM database an advantage not compulsory

Benefits to the intern:

- [Valuable insight into the working of a national non-government organisation as well as building his / her capacity for future work opportunities in health promotion
- [Independence in an internship position while receiving training, support and supervision
- [Being an equal member of a professional and dynamic team
- [Opportunity to work in and learn about Men's Sheds and the development of men's health in Ireland

Place of work:

You will be based at our head office in the Civic Centre Ballymun, Dublin 9 (please note expenses incurred for travel to and from work on submission of receipts will be reimbursed).

Hours of work: 3 Days (6 month contract)

Office opening hours - 9am to 5pm Monday to Friday (Set days negotiable)

Interested candidates should forward a CV and a letter of application to Edel Byrne, Health and Wellbeing Manager at wellbeing@menssheds.ie by Friday the 9th of February.