

Volunteer for Wellbeing for Life



➤ The Community Health Champion role is designed to help to transform the health and wellbeing of people in their communities by providing a supported programme of activities and signposting them to appropriate local services.

➤ Main Tasks:

- Champion healthy living and provide information in their local community.
- Signpost potential clients to health improvement services.
- Work alongside Wellbeing Practitioners in supporting individuals and working with groups and delivering community based promotion events.
- Provide support for individuals and groups to make lifestyle changes, in areas such as healthy eating, emotional resilience, social isolation, cooking, weight loss, and exercise.
- Be fully integrated into the Wellbeing for Life team, within our office bases or out in the community. Varied role and an opportunity to choose activities that interest you.

All reasonable out of pocket expenses will be paid including mileage allowance.



Personal Qualities

- Have an interest in health and wellbeing.
- Be able to maintain confidentiality at all times.
- Have a flexible approach.
- Be able to attend all mandatory training.
- Be able to attend locally organised events to promote and encourage access to the Wellbeing for Life service.
- Be able to comply with all policies, systems and procedures of the Wellbeing for Life programme.
- Be prepared to undertake a DBS check.

➤ How to join us

Contact:

cdda-tr.WBFL@nhs.net