

# Health Champion Role Description and Volunteer Agreement



**Opportunity title** Health Champion

## Background

Southern Brooks Community Partnerships are passionate about helping people to make a difference in their lives, families and neighbourhoods. Our values are at the heart of everything we do:

- We all have the right to reach our potential
- Everyone has the right and responsibility to be fully involved in society and in decisions that affect them
- Discrimination always needs to be challenged
- Everybody has the right to feel included and valued
- We all need to be involved in protecting our environment for future generations
- We all learn and develop through our life experiences

Health Champions are local people who care about the health of their community and those around them. They will health champion by raising awareness, signposting people to local health services and provide support to those who need that little extra support.

We are looking for volunteers to be positive role models to provide advice and signposting to people living in their own communities to enable them to make positive choices around health and well-being. You will volunteer as part of a team who provide quality face-to-face information and advice to a diverse range of people wherever they may be. Volunteers are integral to our service and enable us to have a presence in the heart of our communities.

## Key tasks

Are you active in your community and passionate about health and well-being? We are currently offering a unique opportunity for you to become a local volunteer Health Champion, who:

- Encourage and support the public to improve their health and well-being
- Engage with people through your role in the community and by attending local groups and events
- Gain a recognised health qualification and new skills
- Gain confidence and meet new friends
- To help improve the health and well-being of people living in our communities, particularly in those communities where health inequalities have been identified
- To support and empower people to eat healthily, be physically active and improve their emotional well-being
- To attend relevant local events, such as festivals and coffee mornings, to promote healthy lifestyle information
- Signpost people to specialist services, such as breastfeeding groups and stop-smoking support as appropriate
- Most volunteering will be achieved doing what you already do, meeting friends, family and colleagues; attending community events; your own initiatives and existing volunteering activities; generally talking with people

## **Desirable attributes**

- Interest in health and well-being
- Willing to learn new skills
- Positive and outgoing who feel able to engage with members of the public
- A good listener
- Ability to be sensitive and relate to a diverse range of people in a non-judgemental way
- A desire to make a positive impact on the lives of others
- Able to use your own initiative
- Hold, or be willing to learn about confidentiality, safeguarding and data protection
- Be interested in personal development

## **Benefits of becoming a Health Champion**

- Gain a nationally recognised level 2 qualification in 'Understanding Health Improvement'
- Access to additional training opportunities such as: mental health; injury prevention; smoking cessation; community development)
- Progress to new opportunities such as: volunteering and employment
- Give something back to your community and develop new opportunities
- Develop a new friends over common purpose and gain new skills
- Learn more about health & well-being and where support is available
- Fully supported in your volunteering role

## **Enrolment criteria**

- A minimum of 18yrs or older
- To enable a safe and inclusive programme, disclosure will be required of any episodes of poor mental or physical health conditions held, to enable appropriate support and supervision to be identified within the role

## **Potential volunteer activities:**

- Promoting health and well-being messages to people, groups and organisations
- Signpost to local groups and support services around health and well-being
- Organising, supporting or leading activities that provide people with the skills and knowledge to live healthier lifestyles
- Design new health programmes and initiatives
- Enable peer support groups to establish

## **Some examples of Health Champions achievements**

- One stop shop to signpost to local support services now available
- Peer support group around mental health established
- A new Memory Cafe for those touched by dementia
- A 50+ social directory developed
- A cook book for food store clients
- Men's Health Packs now available
- Pledges to try 5 a day through our challenge event
- Increased signposting to support services, resulting in preventative treatment

## Feedback of the Health Champions programme to date has been

*'Training gave me a good approach to health education and re-enforced my understanding'*

*'The Health Champions programme is a fantastic scheme that brings people together and provides champions with new skills that can increase confidence and networking'*

*'We were able to bond as a team before the programme started. We were able to support one another. The people I had interventions with returned to say how much it had helped them'*

*'Becoming a Health Champion has affected the way I operate now, questioning if things are really healthy both physically and mentally'*

## Commitment required

- Time commitment – Flexible commitment to a minimum of 2hrs per week for a 12 month period
- Undertake and complete compulsory training
- Be open to additional training provided through attending monthly peer supervision sessions
- Keep a brief ongoing record of interventions made within the role
- Understand the role of Health Champion and how the role can add value to existing work
- This role is subject to a Disclosure and Barring Service (DBS) check as there may be contact made with vulnerable adults

## Volunteer expenses

- Out of pocket and travel expenses will be reimbursed for all voluntary activity

**As a Community Health Champion you will be supported to carry out activities and will be provided with supervision and training.**

**You will be able to volunteer in an area of health and well-being which interests you and uses your skills. You and your supervisor will agree what your voluntary tasks will involve and this may change as you gain new skills and knowledge.**

### Acknowledgement of, and agreement to, the above information

Health Champion name:

Health Champion signature:

Date:

Health Champion Co-ordinator signature: