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| **Health Advocate VOLUNTEER ROLE DESCRIPTION** |
| **POST TITLE:** | Health Ambassadors - Wellbeing Service, One You  |
| **RESPONSIBLE TO:** |  |

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| **Main Purpose**  | **Overview**This role will support 12 national health initiatives (e.g. Stoptober, Dry January or World Mental Health Day) by speaking with people at events and public locations such as supermarkets or GP surgeries. The conversations will signpost to trusted information, resources and support services running in South Gloucestershire which improve health and wellbeing. Attending these events encourages others to lead a healthier lifestyle and to understand what is available to take part in. The aim of the service is to have 1200 conversations and signposts with people. **Tasks** * Hold ‘health chats’ or interventions with members of the public.
* Ensure the person they are speaking with knows about how to access the relevant support available regarding health and wellbeing services in South Gloucestershire
* Highlight trusted health information to others
* Volunteer at public awareness and community events
* Host health displays or stands in your place of work, or in the community
* Highlight to your supervisor the areas of interest you hold in health and wellbeing to enable further progression opportunities
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| **Time** | There will be one event a month and one network training opportunity to learn about local services and develop your own skills.  |
| **Location** |  TBC various across South Glos |
| **Support and Training** | * Volunteer Induction session to the organisation lasting 2 hours
* Supervision and support from your staff supervisor.
* You will receive training in data protection, confidentiality and safeguarding.
* MECC (Making Every Contact Count) course a way to have health and wellbeing conversations with people.
* Network sessions to learn about specific health topics and local services
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| **Special notes**  | You will receive free Circadian Trust gym membership while volunteering A DBS check is needed for this role. South Brooks Community Partnerships pay for this. We pay for travel expenses.  |
| **About you****You can…** | * Confidently talk to people in a friendly and non-judgemental manner
* Follow safeguarding procedures
* Travel to the locations and arrive promptly
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| **You are….** | * Interested in health and wellbeing
* Willing to learn about health initiatives and local services.
* Friendly and empathetic
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| **More About the Programme and the team**  | The aim of the Wellbeing Service is to support people to lead healthy and happy lives. It takes place across South Gloucestershire including rural and town locations. It is a partnership of organisations who run different aspects of the service. **Universal Offer** – this is open to everyone and includes physical courses and sessions such as yoga, walking football, tai chi along with mindfulness and other stress relieving courses. Taster sessions for specific people who might find it hard to access general services e.g. carers, LGBTQ+, men. **Wellbeing Sessions** – This is only for people who’ve been referred to them. They might be experience mild depression, anxiety, feel isolated and disengaged with the community and have a physical health condition. In small groups they will have information about the 5 Ways to Wellbeing and have 1:1 conversations about positive actions they can make to help improve their health. **1:1 support –** Some people requiring additional help to access services will be supported 1:1 by Wellbeing Support Workers and Wellbeing Buddy Volunteers. They will be supported to create action plans, supported to attend groups and activities and receive 1:1 coaching to help make behaviour changes. **Enhanced Support -** A number of people with complex health needs will be supported with up to 12 weeks of therapeutic sessions to help them make the changes needed to become healthier and happier. **The partners in the Wellbeing Service are:****[www.oasis-talk.org](http://www.oasis-talk.org  Talking therapies service, providing 1:1 therapeutic health coaching)** [Talking therapies service, providing 1:1 therapeutic health coaching](http://www.oasis-talk.org  Talking therapies service, providing 1:1 therapeutic health coaching)**www.circadiantrust.org** Gyms and leisure centres in South Glos, running activities.**[www.diversitytrust.org.uk](http://www.diversitytrust.org.uk  Providing training and taster sessions to make the programme inclusive. )** [Providing training and taster sessions to make the programme inclusive.](http://www.diversitytrust.org.uk  Providing training and taster sessions to make the programme inclusive. ) [**www.southernbrooks.org.uk**](http://www.southernbrooks.org.uk) Leading the programme and running peer support, 5 ways to wellbeing groups and 1:1 support. [**www.dhi-online.org.uk**](http://www.dhi-online.org.uk)Supporting people recovering from addiction to improve wellbeing |
| **Application Process** | 1. You complete an application form either online, over the phone or paper copy
2. Volunteer co-ordinator looks at your application and gets in touch to arrange an informal interview
3. During the interview you and the volunteer co-ordinate decide if you’re a good match for the role.
4. You might decide not to continue and so might the volunteer co-ordinator. A conversation with feedback about why it’s not a good match.
5. If both you and the volunteer co-ordinator think it’s suitable, you’ll be invited for a test session to see if you like it.
6. After the session the volunteer co-ordinator will follow up with you as to how you found it and receive some feedback from the session leader.
7. You might decide not to continue and so might the volunteer co-ordinator. A conversation with feedback about why it’s not a good match.
8. If you and the volunteer co-ordinator think it’s a good role for you, you’ll be invited to an induction session, receive a welcome pack and offered relevant training to your role.
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