Health and Wellbeing Champions

Role of the Wellbeing champion

Lancashire and south Cumbria primary care training hub in partnership with the ICS are looking for wellbeing champions. This is a voluntary role open to all staff irrespective of grade and experience, working both primary care settings. We are looking for people who have a passion for health and wellbeing and those who are enthusiastic about supporting others to engage and partake in leading a healthier lifestyle.

The purpose of this role to embed staff health and wellbeing into all we do as organisations in primary care and to improve the understanding and importance of having good health. You do not have to have previous experience in specific health related topics or referral routes as training will be provided for all.

The Wellbeing Champions will:

* Be a point of contact in your team for those who may wish to find out more about staff wellbeing and engagement activities and initiatives and update staff on any developments in team meetings.
* Inspire and encourage staff to partake in staff wellbeing and engagement initiative such as walking lunch, stress workshop or exercise class etc. and actively promote the ICS initiatives.
* Create and update Well Spaces and information in your area including adding and sharing the newsletter, calendar, and Wellbeing directory national and local offers.
* Gather feedback from employees regarding what is working well and what else they would like to see, feeding this information to the Wellbeing Champion Leads Team.
* Champion health messages at team level, including local and national campaigns within your area of work such as Stoptober, mental health awareness week etc. and display health message material such as alcohol and smoking within your work environment through information stands or displays.
* Act as a ‘staff wellbeing check in point’ and signpost colleagues to relevant services for additional information or support, with consent.
* Role model and promote a healthy culture within the workplace including encouraging staff to take a break.
* Share stories of success with the Well team.

Wellbeing and Engagement Champions will have the opportunity to:

* Complete the Health and Wellbeing Champions e-learning training
* Share best practice with fellow champions through peer support group
* Access any development sessions and forums provided by NHS England
* Attend meetings with other champions to improve collaboration across the ICS
* Contribute to the Health, Wellbeing strategies
* Be involved in the design, organisation and implementation of wellbeing and engagement activities in Primary care.
* Receive support for this role from the Wellbeing Champion Leads Team. They can be contacted via email, telephone or arrange a one-to-one appointment.
* Promote signposting to Lancashire and South Cumbria Resilience Hub

The voluntary role of the Wellbeing Champion requires approximately one hour per week to undertake the outlined duties and you must gain support from your line manager in undertaking this role on behalf of your organisation.

If this opportunity excites you, please complete the short expression of interest form. If you wish to receive more information, please contact the Wellbeing Champion Lead for your Locality, or contact mbpcc.lscthub@nhs.net

 We look forward to hearing from you!

## Wellbeing Champion Expression of Interest Form

## Surname: First Name:

Address (Work): Mr/Mrs/Miss/Ms:

 Date of Birth:

 Job Title:

Post Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Organisation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Locality: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone No (Work): Mobile:

Email:

Why are you registering your interest in becoming a Wellbeing Champion?

Do you have any experience of championing health messages, if so, please give details (no experience is necessary)?

It is a requirement to have the support of your manager to take on this role. Please discuss this with your manager and ask them to sign the declaration below.

I acknowledge the commitment required for (name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to undertake this role and support their request to become a Wellbeing and Engagement Champion for our practice/organisation.

Managers Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please email this expression of interest form and email to mbpcc.lscthub@nhs.net

Thank you

Wellbeing Champions Team

Please complete the above expression of interest form and email to bfwh.wellteam@nhs.net.