

Role Description

Role Title: Workplace Health & Wellbeing Champion

Grade: Voluntary – up to one hour paid time allowed each week (with manager's permission).

Summary of the role:

The role of a health and wellbeing champion is to support the overall health and wellbeing programme of your organisation by encouraging colleagues to think about and act on improving their health and wellbeing, both mentally and physically.

Main tasks:

- To champion and promote relevant health messages and events within your organisation.
- To promote Health & Wellbeing activities to colleagues.
- To signpost colleagues to relevant services
- To role model and promote a healthy culture within the workplace
- Putting Health and Wellbeing on your team meeting agenda and updating colleagues about what's happening within your organisation
- Involvement in events across your organisation including collaborative working with other champions within your own and other organisations.
- Promoting particular health campaigns through poster displays, giving out leaflets (e.g. World Mental Health Day, National No Smoking Day)
- Organising activities, e.g. a regular lunch time walk
- Encouraging your colleagues to take their breaks
- Encouraging colleagues to participate in Health and Wellbeing initiatives/challenges
- Keeping a resource of Health and Wellbeing information for colleagues to look at

Requirement for the role:

- An enthusiasm for and interest in wellbeing, improving the working environment and supporting engagement.
- Being approachable and willing to help.
- A basic understanding of healthy lifestyles and health promotion.
- Keen to keep up to date with activities within your organisation's Health & Wellbeing Programme, attend the occasional training event/meeting and collaborate with others.
- Ability to record basic information about work undertaken as a Health & Wellbeing Champion.