

Health and Wellbeing Champion



Be Well
TOGETHER

Role Description

Role Title: Health and Wellbeing Champion

Grade: This is a voluntary role for any interested person who lives, works or has a GP in Blackburn with Darwen

Lead Contact: Blackburn with Darwen Wellbeing Service
Tel: 01254 682037
Email: wellbeing@blackburn.gov.uk

Summary of role: To support the development of Healthy Settings and wider health and wellbeing in Blackburn with Darwen by promoting activities in the places you live, work and spend your leisure time. Health Champions develop health and wellbeing opportunities, make the places they live and work just that little bit healthier and encourage and support those around them to make healthier choices the easier choices. Health champions also support our local network through collating activity data, and sharing best practice and success stories across the Borough.

Examples of activities include:

- Promoting particular health campaigns through poster displays, emailing colleagues neighbours and friends, giving out leaflets and updating at any get together or meetings you attend (e.g. World Mental Health Day, National No Smoking Day)
- Organising health and wellbeing activities in your setting e.g. a lunchtime walk, book club or hobby group
- Signposting others to relevant local health and wellbeing services
- Providing information about and encouraging others to participate in health and wellbeing initiatives/challenges
- Championing and promoting relevant health messages and events taking place
- Role modelling and promoting Health and wellbeing in your setting
- Collaborative working with other champions across all sectors of Blackburn with Darwen

Requirements for the role

- An enthusiasm for and interest in health and wellbeing, improving your setting 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 Borough's health and wellbeing initiatives/challenges
- Attend the occasional training event/meeting and collaborate with others

How We'll Support You

- Opportunities for accredited Health Champion Training
- Support as a Health Champion for development of your Healthy Setting from Public Health
- Monthly resources to support your campaigns and initiatives
- Bi Annual networking Events to share and learn from other Health Champions
- Opportunity to bid for small grants to support Health and Wellbeing opportunity