



## **What is the Community Wellbeing Champion Scheme?**

The Community Wellbeing Champion (CWC) initiative is part of a city wide approach to reducing the gap in health inequalities by enabling a far greater number of individuals to access health support and advice.

## **Why become a Community Wellbeing Champion?**

Research demonstrates that CWCs and volunteer-led programmes in the community can achieve considerable success in encouraging participants to adopt healthier lifestyles.

As a member of your community, you will have the advantage of greater familiarity with the people you are seeking to help, additionally; you can provide a bridge between local people and other services.

## **What is the role of a Community Wellbeing Champion?**

A CWC is someone who, with training and support, voluntarily bring their ability to relate to people and their own life experience to transform health and well-being in their communities. You will help others to enjoy healthier lives by raising awareness of health and healthy choices, sharing health messages, removing barriers and creating supportive networks and environments.

You will motivate people to get involved in healthy social activities and sign post people to other relevant projects or services and organised events such as cooking classes, exercise classes, health checks, stop smoking services and tools such as the one you 'how are you quiz', drinks tracker, Eat well and other online information or apps. Mini MECC (Making Every Contact Count) accredited 3 hour workshop.

You might initiate activities such as walking groups or health promotion events, keep noticeboards updated with relevant health and wellbeing information, support initiatives and policies such as promoting water consumption.

You will be able to signpost people to further information and local health services, and will have a basic understanding of the principles of health and wellbeing and how to promote them.

You will act as a point of contact within your community for those people who want to engage in health and wellbeing activities and for signposting information and resources from the Wellbeing Team.

You will be able to use the Wellbeing at Work website for accessing on-line resources <https://www.wellbeingatworksouthwest.co.uk/> and perhaps use social media to promote wellbeing messages to your community.



### **What commitment will I need to make?**

The role can take as much or as little time as you are willing to give and may vary depending on your other commitments.

Any information and photos you provide as a CWC, will be used for Livewell Southwest reports, as well as for marketing purposes, such as monthly e shots, social media, Wellbeing at Work website, Livewell Southwest internal / external webpages and case studies.

### **What support will I receive?**

The Wellbeing team at Livewell Southwest, aim to empower you to support your local community to make healthy lifestyle changes. We will share information and resources with you about local and national health campaigns and services available such as One You clinics, NHS health checks and training opportunities. We will encourage you to take part in Wellbeing Challenges such as September.

You will also be invited to the Annual Wellbeing at Work Conference, where awards are presented to CWCs who have been nominated for their wellbeing contributions, and quarterly Wellbeing at Work Forums for training and networking opportunities.

We encourage you to share your stories with other CWCs, and will promote activity on our website and Facebook page.

**CWC training is currently available as eLearning, with a follow up online session to reflect on your learning outcomes and to answer any queries.**

The training aims to:-

- Improve your understanding of how lifestyle and environmental factors affect both physical and mental health.
- Enable you to feel confident about talking to people about healthy lifestyles and mental wellbeing.
- Develop your knowledge of services which can help support healthy lifestyles and mental wellbeing in Plymouth.

The Wellbeing Team is the main contact for all trained Community Wellbeing Champions. They will keep you and your community network informed and updated.

For further information please email [wellbeingat.work@nhs.net](mailto:wellbeingat.work@nhs.net)