



Organisational Wellbeing Champion Agreement

What is the Organisational Wellbeing Champion Scheme?

The Organisational Wellbeing Champion (OWC) 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 an Organisational Wellbeing Champion?

Research demonstrates that having Wellbeing Champions within organisations can achieve considerable success in encouraging participants to adopt healthier lifestyles.

As a member of the citywide OWC network, you will be invited to a quarterly network forum to exchange ideas, experiences and access additional training and resources.

Wellbeing Champions are also an integral part of the Wellbeing at Work Awards process which involves workplaces setting up a wellbeing steering group, embedding wellbeing champions, completing a workplace health needs assessment, a health and safety assessment and formulating a wellbeing action plan. The awards programme also covers topics including mental health, physical activity, domestic abuse, alcohol, smoking, healthy eating, musculoskeletal health and sleep and recovery using Public Health England and Business in the Community toolkits.

Wellbeing Champions are essential to the success of Wellbeing at Work, and positively impact on the health and wellbeing of employees by improving workplace wellbeing.

What is the role of a Wellbeing Champion?

A Wellbeing Champion 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 teams. 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 team 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 colleagues.

What commitment will I need to make?

The role can take as much or as little time as you are willing to give – we suggest an approximate guide of around 4 hours per month, although we appreciate that this may vary depending on other commitments.

Your manager should support you to undertake your Wellbeing Champion role alongside your substantive role.

We would like you to give us quarterly feedback to keep us informed about how you are using your training and to let us know what activities you have promoted or initiated.

Any information and photos you provide as a Wellbeing Champion, 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 from the Wellbeing Team?

We will aim to empower you to support your team 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.

You will also be invited to the Annual Wellbeing at Work Conference, where awards are presented to Wellbeing Champions who have been nominated for their wellbeing contributions.

If you have any news on your wellbeing activities then please let us know. We would like to share stories with other Wellbeing Champions, and promote activity on our website and Facebook page. If you would like to chat with our Wellbeing Champions Advisor then we can arrange a meeting or a video conference.

Charley Roberts is a Health Improvement Advisor for the Wellbeing Team and is the main contact for all trained Wellbeing Champions. Charley will also keep you informed and updated. Her email is: c.roberts24@nhs.net



Training day learning outcomes

The one day initial training aims to:-

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

By signing this form you are confirming that all the information you have given us is accurate and that you agree to keep the Wellbeing Team informed of any wellbeing activity you are undertake as a Wellbeing Champion.

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

Name	
Address	
Email	
Phone Number	

Your Signature	Print Name	Date

The following section should be completed by your line manager.

Declaration

I confirm that I have read the above agreement and give consent for the above named person to undertake Wellbeing Champion activities alongside their current role.

Manager's Signature	Print Name	Date