



Workplace Wellbeing Champion

What is the Workplace Wellbeing Champion Programme?

The Workplace Wellbeing Champion (WWBC) 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.

Through effective training and with support from their employer and the Wellbeing at Work Team, WWBCs are a valuable asset to their team and have proved to be effective at improving and maintaining morale.

Research shows...

With 60% of the working populations' waking hours spent in work, the workplace is an opportune place for health improvement action. Early evidence suggests that organisations, who adopt workplace Wellbeing Champions, experienced decreased levels of sickness absence. Overall, the literature demonstrates that Workplace Wellbeing Champion and volunteer-led programmes in the workplace can achieve considerable success in encouraging participants to adopt healthier lifestyles.

What is the role of a Workplace Wellbeing Champion?

A WWBC is someone who voluntarily bring their ability to relate to people and their own life experience to transform health and well-being in their workplace. 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 Workplace for those people who want to engage in health and wellbeing activities and for signposting to the information and resources you receive from the Wellbeing Team.

Supporting people to be Safe, Well and at Home



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 Workplace.

What commitment will I need to make?

The expectation is that you and your manager will negotiate the time you dedicate to your WWC role which will be protected as part of your contracted hours. We understand that time spent undertaking WWC activity may vary depending on your other commitments.

Any information and photos you provide as a WWC, 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 Workplace 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 WWCs 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 WWCs, and share your activities on our website and Facebook page.

Training

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.

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

Supporting people to be Safe, Well and at Home



Under normal circumstances, Workplace Wellbeing Champion initial training is as follows:-

Session 1

What is a Workplace Wellbeing Champion overview – 3 hours

Session 2

Mini MECC (Making Every Contact Count) accredited - 3 hours

Session 3

4MH Emotional Resilience Training – 3 hours

This training is designed to develop the confidence and ability to engage in a compassionate and effective way with people who are experiencing stress, emotional distress, in crisis or feeling overwhelmed by their circumstances.

For further information please email wellbeingat.work@nhs.net