

# Community Wellbeing Champion timeline

## Step 1

Complete the Wellbeing Champion Training ran by the Wellbeing Team, Livewell Southwest. Send back Evaluation Form, Signed Agreement, Complete MECC (F2F or Virtual)

## Step 2

2 week check in from a member of the Wellbeing Champion Team. They will follow up on how you are getting on and start to arrange regular meetings whether this is F2F or Virtual

## Step 3

4 weeks attend 4MH : Emotional Resilience training which you would have automatically been enrolled by a member of the Wellbeing Training when booking your Wellbeing Champion Training

## Step 4

(all training completed)

6 weeks attend Connect 5 : Session 1 training which you would have automatically been enrolled by a member of the Wellbeing Training when booking your Wellbeing Champion Training.

## Step 5

12 week check in from a member of the Wellbeing Champion Team. They will follow up on how you are getting on and start to arrange regular meetings whether this is F2F or Virtual.

## Final Step

**CONGRATULATIONS!!!** you are now a fully fledged member of the Wellbeing Champion Network. The hard work which has been implemented throughout your first year has now set you up to be able to continue the amazing work you are doing!



The 4 main Public Health/Local Campaigns which we Champions to support. You will get full support from The Wellbeing Team and Competitions will be run during these months!

1. Dry January (annually ran in Jan)
2. Mental Health Awareness Week (annually ran in May)
3. Steptember (annually ran in September)
4. Stoptober (annually ran in October)

Optional Training:  
Understanding Grief and Bereavement,  
Connect 5 : Session 2 and 3  
4MH: Community Suicide Awareness

Optional Wellbeing Support:  
Know Your Measurements (Wellbeing Team)  
NHS Health Checks (Wellbeing Team)  
Plymotion (Plymouth City Council)