



## Wellbeing Champion Agreement

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A Wellbeing Champion is someone who, with training and support, voluntarily brings their ability to relate to people and their own life experience to transform health and well-being in their workplaces and / or communities.

They 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 plate and other online information or apps.

Wellbeing Champions 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.

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

Through effective training, Wellbeing Champions aim to empower their local community to make healthy lifestyle changes. Wellbeing Champions, who are members of the community or workplace, have the advantage of greater familiarity with the people they are seeking to help, additionally; they can provide a bridge between local people and other services.

A Wellbeing Champion is a point of contact for Livewell Southwest's wellbeing team to share information and resources about local and national health campaigns and services available such as One You clinics, NHS health checks and training opportunities.

### **Research shows...**

The success of community-based initiatives is mirrored in the workplace-based Wellbeing Champion projects. 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 Wellbeing Champion and volunteer-led programmes in both the workplace and the community can achieve considerable success in encouraging participants to adopt healthier lifestyles.

We ask that before attending the training the managing organisation read the information in this pack and sign this agreement to say they are happy with the role which can take as much or as little time as you and the champion are willing to give – we suggest an approximate guide of around 4 hours per month, although we appreciate that this may vary depending on substantive role commitments.

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*Supporting people to be Safe, Well and at Home*



### What does the training cover?

The Wellbeing Champion initial training is one day and covers:-

- What we mean by health and the state of health
- What a Wellbeing Champion is and what they do
- Background on health promotion
- Local and national health campaigns
- Mini MECC (Making Every Contact Count) accredited 3 hour workshop

### What is expected from a Wellbeing Champion?

A Wellbeing Champion acts as a point of contact within their organisation for employees who want to engage in health and wellbeing activities and for cascaded information and resources from the Wellbeing Team at Livewell SW.

They might initiate things like walking groups or health promotion events, keep noticeboards updated with relevant health and wellbeing information, support initiatives and policies such as promoting water consumption, taking lunchbreaks, getting away from desks, stretching and moving throughout the day.

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

All we ask is that managers allow time for the Champions to add this role to their regular job and champions give us quarterly feedback to keep us informed about how they are using their training and to let us know what activities have been promoted or initiated, this can be done individually or as a group if there is more than one champion in your setting.

### What support is offered?

Wellbeing Champions will receive regular support from the Wellbeing Team; they will be part of a network of Wellbeing Champions from across the whole city and be invited to a quarterly network forum to exchange ideas, experiences and access additional training and resources.

E bulletins, quarterly newsletters, Facebook and Twitter are available to keep our Wellbeing Champions involved.

To support the quarterly reporting, we can arrange to visit and take photographs and comments if there is something you want to promote or if sending us the information is difficult.

The feedback from champions will form part of an annual report and will help us decide who wins our annual 'Wellbeing Champion of the Year' award.



**\*Please note that you will not be registered as a Wellbeing Champion, until we are in receipt of this signed agreement.**

<b>Name</b>		
<b>Job title</b>		
<b>Work Base Address</b>		
<b>Email</b>		
<b>Phone</b>	<b>Work</b>	
	<b>Mobile</b>	

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 workplace wellbeing activity you are involved in as a Wellbeing Champion.

**\*Please note that information and photos you provide in relation to the Wellbeing at Work activity you undertake as a Livewell Southwest Wellbeing Champion, will be used for Senior Management reports, as well as for marketing purposes, such as monthly e shots, Livewell Bulletin, Livewell internal and external webpages, case studies and newsletters.**

<b>Your Signature</b>	<b>Print Name</b>	<b>Date</b>

**The following section should be completed by managing organisation / line manager.**

**Declaration**

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

<b>Manager's Signature</b>	<b>Print Name</b>	<b>Date</b>