

## Role Description – Community Wellbeing Champion

**About Us: The Partner - SOAR**

SOAR is a community regeneration charity that provides services to improve a person’s health, well-being and employability.

* We enable and support local people through partnership working, to improve the quality of life for North Sheffield residents.
* Our objective is to use community development approaches to improve the health and economic wellbeing of people in North Sheffield.
* ​We are also a highly regarded, sustainable, innovative organisation, committed to developing employees, developing client centred services, and acting as an advocate for North Sheffield

We are one of the partners in the Community Wellbeing Champion programme, funded by Sheffield City Council Public Health. The programme seeks to recruit enthusiastic volunteers from within local communities, learning engagement skills and gaining knowledge around health promotion. Community Wellbeing Champions support people to be more informed about their health, and empower them in taking decisions and actions to improve or maintain their health.

SOAR is a Partner in the Community Wellbeing Champions-programme, funded by Sheffield City Council.

The programme is recruiting enthusiastic volunteers from within local communities to promote health information and have positive conversations with people about healthy lifestyles and wellbeing.

**The core work of the project involves:**

The primary focus involves having conversations about health and wellbeing in the community through volunteer peer support. This can be undertaken in a variety of community- based settings where people come together for social activities; information events, accessing community services, and within personal networks.

Using conversational techniques to support people in exploring opportunities to support healthy living actions, make considered decisions about their health, or/and access appropriate services. The provision of trusted information and awareness of signposting to appropriate services is also part of the core work of the project.

**Why we involve volunteers**

Volunteers are important to us in order to provide the range of activities and services to help benefit our local community in as many ways as we can. Volunteers are the driving force of our organisation and we are committed to ensure that all volunteers have a rewarding experience. The Community Wellbeing Champions programme is designed to support volunteer peer intervention as a method of improving health outcomes by way of direct community engagement, and works in a way best suited to the volunteers.

**Role Description:**

**This is an exciting and creative role, suitable for anyone who enjoys meeting people, and serving as a “first touch” reference for them to take life enhancing decisions and actions in order to improve or maintain healthy living and wellbeing.**

A Community Wellbeing Champion has a passion for helping people in their own communities identify ways through which they can improve and sustain their health and wellbeing, acting as a first point of support. Community Champions **are not** medical advisers, do not make diagnosis, provide counselling, or undertake any assessments.

Using conversation techniques, such as active listening and motivational interviewing- in which training will be given and on-going support provided, Community Champions will raise awareness of key health messages appropriate to the individual concerned, and support people to consider options appropriate for them.

Community Wellbeing Champions can also get involved in contributing or leading on community-based health activities or services that provide engagement opportunities, such as coffee morning events, exercise sessions; feelgood and wellbeing drop-ins or specific health issue topics such as a diabetes support group.

Opportunities for learning about specific health topics and about health within community development will be available throughout the programme period

**Core tasks**

(We will provide training on all of these tasks)

* Raise awareness of key health issues through information provided and research methods.
* Promote healthy actions and signpost sources of support/advice/ social activities.
* Converse with people about health awareness and adopting a healthy mindset.
* Stimulate motivational thinking and actions
* Empower people to make informed decisions that support good health and wellbeing.
* Contribute to health-related community-based activities as desired.
* Attend core training and access other opportunities for learning and development as desired.
* Some basic information recording will be required.

**You may find it desirable to have these before you apply for this role:**

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| Skills:* Applicants should have a level of confidence in new meeting people.
* Ability to communicate effectively in English/ or the language of a specific community if dedicated to that community.
 | Knowledge:* Desirable to be familiar with the community of benefit that this Community Partner serves
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| Qualities* Patience and understanding
* A non-judgemental approach
* Open to lifelong learning opportunities
 | Understanding* Appreciate the differences between people in communities
* Empathy for people experiencing distress
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**We can teach you these and you can learn / develop these as you volunteer**

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| Skills:* Conversational techniques
* Recording data
* Organisational skills
* Reporting skills
* Time management
* Teamworking
* Mentoring skills
 | Knowledge:* Social Determinants of health
* The link between health and community development
* Specific common health conditions and diseases
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| Qualities* Self-development opportunities
* Developing personal resilience and confidence
* Tact and diplomacy
 | Understanding* How communities and public services operate
* Different attitudes/beliefs about health
* Circumstances that restrict opportunities or access for better health.
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**Benefits of volunteering in this role:**

* You will have access to key training and learning /ongoing opportunities
* Experience of working in community base support services
* A personal development plan and supervision with your Co-ordinator
* Meeting people from diverse backgrounds and understanding about your City’s communities.
* Being part of the Sheffield Community Champion Network, increasing your personal network contacts.

**Application Process**

If you wish to apply for this role you will then be referred on to the Community Partner.

You can contact SOAR directly to discuss and apply for the role.

**Name**: Nic White email: nicola.white@soarcommunity.org.uk Tel: 07538 118 956

**Development and progression opportunities:**

* This role can help prepare for working within the community and health sectors, providing direct experience and underpinning skills and knowledge.
* Relevant job progression could include Social Prescribing Link-Worker; Wellbeing Coaching/ Health Trainer; Community Development Worker, Public Health Worker
* Access to further and higher education, supported by prior volunteering experience.

Support

The Community Partner’s Volunteer Co-ordinator will be the main reference for ongoing support and welfare. Additional support and advice can be sought from the Project Development Worker or the Volunteer Centre at VAS as appropriate.

**Expenses**

Travel expenses and reasonable out of pocket expenses will be paid in the course of performing the role.

Support for childcare will be available to attend core training courses only.

**Expected time commitment and Availability**This role is available to suit the level of involvement desired, with the option to increase commitment if required.

This is a flexible role in terms of time commitment and levels of intensity, although it is recommended at least 3 to 4 hours per week is committed to the role for impact purposes.

Agreement with the Host Partner can be discussed regarding availability and levels of involvement.