

Blackpool Teaching Hospitals Health Champions

Role of the Health Champion

Blackpool Teaching Hospitals NHS Trust is looking for workplace health champions. This is a voluntary role open to all staff irrespective of grade and experience, working in both primary and secondary care settings. We are looking for people who have a passion for health and wellbeing and those who are enthusiastic about supporting others to engage and partake in leading a healthier lifestyle.

The purpose of this role to embed staff health and wellbeing into all we do as a Trust and to improve the understanding and importance of having good health. You do not have to have previous experience in specific health related topics or referral routes as training will be provided for all.

The Health Champions will:

- ◆ Champion health messages including local and national campaigns within your area of work such as Stoptober, mental health awareness week etc. and display health message material such as alcohol and smoking within your work environment through information stands or displays.
- ◆ Be a point of contact in your team for those who may wish to find out more about BTH staff activities and initiatives and update staff on any developments in team meetings.
- ◆ Encourage staff to partake in one staff health and wellbeing initiative such as; walking lunch, stress workshop or exercise class etc. and actively promote the initiatives the Trust has to offer.
- ◆ Gather feedback from employees regarding what is working well and what else they would like to see.
- ◆ Regularly check the staff health and wellbeing website for updates.
- ◆ Signpost colleagues to relevant services with consent.
- ◆ Encourage and motivate staff to take a break.

To become a health champion you will have the opportunity to:

- ◆ Attend the Public Health training sessions (Tobacco use, alcohol use and healthy weight) and a stress awareness workshop once available.
- ◆ Have the opportunity to complete accredited Royal Society of Public Health training. A level 2 qualification on Understanding Health Improvement (optional) and other accredited training.
- ◆ Be involved in the Healthier Workforce Taskforce and the development of new initiatives.
- ◆ Meet other Workplace Health Champions.
- ◆ Be involved in the organisation and implementation of Trust events for staff

The role of the health champion requires one hour per week to undertake the outlined duties and you must gain support from your line manager in undertaking this role on behalf of your ward/department. You will receive the support of the Healthier Workforce Project Manager who you can contact at any time via email, telephone or arrange a one to one appointment.

If this opportunity excites you please complete the short expression of interest form. If you wish to receive more information please contact Hannah Corless on 01253 95 7638 or email Hannah.corless@bfwhospitals.nhs.uk.

I look forward to hearing from you!

Workplace Health Champion Expression of Interest Form

Surname: _____

First Name: _____

Address: _____

Mr/Mrs/Miss/Ms: _____

Date of Birth: _____

Post Code: _____

Telephone No (Work): _____

Mobile: _____

Email: _____

Why are you registering your interest in becoming a workplace health champion?

Do you have any experience of championing health messages, if so please give details (no experience is necessary).

Please complete the above expression of interest form and email to Hannah.corless@bfwhospitals.nhs.uk, alternatively please sent to Hannah Corless in Berry Offices, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool, FY3 8NR.