Health Champions Role Description

Client Group

Local Community – Tower Hamlets Residents over the age of 18

Location

Stifford Community Centre, Bromley by Bow Centre, Osmani Trust, Poplar and Limehouse Health and Wellbeing Network, Voluntary Organisations within the Tower Hamlets, Idea Stores, GP practices etc.

Minimum Time Commitment

Health Champions will be required to undertake their placement for a minimum of 3.5 hours a week in addition to any training. Hours are flexible to suit both the Health Champion and the needs of the Health Trainers:

In return you will receive

- RSPH Level 2 Understanding Health Improvements Training and other training opportunities
- 1-2-1 Support and Supervision
- Travel and Food expenses
- References will be provided upon completion of work placement

Duties of the role

The Health Champion Role will involve:

- Supporting Health Trainers with activities and events
- Working closely with other Health and social care organisations in promoting their organisation for example GP surgery's and also Local Idea Stores
- Developing good working relationships
- Assist with the running of and organising events and activities across Tower Hamlets
- Signpost clients to relevant services
- Registering clients to Healthy Lifestyle Programmes
- Organising health events across Tower Hamlets
- Co-ordinating health sessions e.g. walking sessions; swimming classes

Skills/Experience/Attributes

- The role of Health Champions demands the following attributes:
- Must be reliable and committed
- Understanding and sensitive to clients needs
- Good organisational skills
- Willingness to learn
- A commitment to and understanding of Equal Opportunities/Diversity
- Excellent verbal communication skills in order to communicate effectively with a wide range of people, including older people and those who have English as a second language
- Good written and spoken English
- Good knowledge of Tower Hamlets
- Treat clients with dignity and respect

Responsible to

Health Trainers Deputy Team Leader