

What is a Health and Wellbeing Champion?

People who can make a positive difference to the health and wellbeing of themselves, their family, neighbours, work colleagues and the community where they live and work.

What does it involve?

As a first step we will invite you to attend a training course which will support you to get a level 2 qualification. You will then become part of our network of volunteer Health and Wellbeing Champions.

Following the training you can then use your knowledge and skills to encourage others to look after and improve their Health and Wellbeing. This may include topics such as stopping smoking, being more active, eating well, and generally being more aware of healthy lifestyle choices.



Health and Wellbeing Champions can also help people access the NHS services that they may need. There will also be an opportunity to get involved with community based events and with the evaluation of the project.

What's in it for me?

If you become a Health and Wellbeing Champion you can:

- Empower people to take personal responsibility for improving their health
- Learn more about health issues and local services in the community
- Receive high quality training including a level 2 qualification accredited by the Royal Society for Public Health

Additionally, if you are an Employer:

- An opportunity to train up your employees to become Health and Wellbeing Champions in the workplace to support their colleagues



How do I become involved?

We offer regular awareness sessions where you can learn more about this exciting new opportunity.

To arrange attendance, or to discuss your involvement in more detail, please contact our Services Support Team by telephone on 01253 362140 or by email to hwbcchampions@ncompassnorthwest.co.uk