Wellness Volunteer

Role Description

What is a Health and Wellness Volunteer?

A Wellness Volunteer is a member of the local community who will be able to:

* Help promote the Wellness Service within our communities and signpost individuals into our service and wider services to help improve their health and wellbeing.
* Attend local events and activities

We are looking for people who are enthusiastic about transforming their community’s relationship with Health and Wellbeing in line with the Bury 2030 strategy where we make Bury is a great place, to live work, study. You will receive training to give you the knowledge and skills you need to go out into your local community to promote our wider service.

Potential Activity

More detail about the things you might like to use your training for will be shared when you register your interest and on your training. The list below is some potential activity you might like to do:

1. Have informal conversations about the Wellness Service with a view to promoting and “signposting” individuals towards our service for support with healthy lifestyles including Diet, Alcohol, Breastfeeding for new parents, and physical activity. These conversations can be with family, friends, neighbours, public and colleagues.
2. Attend existing local community events to speak to people about health e.g., if you already go to a community group, a local club, you could speak to other people there about Healthy Lifestyles.
3. Work with other members of the community and professionals to influence healthier lifestyles in your area and wider.

Being a Wellness Service Volunteer is NOT about you:

1. Using detailed questionnaires or specialist equipment and techniques to assess people’s health
2. Performing clinical tests
3. Having targets for the number of conversations, referrals, or events you put on.
4. Seeing clients on a 1 to 1 or group basis.

Once we have helped you to develop your skills it will be up to you how and how often you use them. You are not expected to do anything you are uncomfortable with. However, as the role is specifically about Healthy Lifestyles you will need to be happy having conversations about health. An overview of the topics we deliver will be given but you will not be expected to deliver any sessions with the clients.

Requirements

Wellness Service Volunteers can come from all walks of life. Regardless of where you come from you should want to improve the health and wellbeing of individuals in your community

1. Have enthusiasm for improving the health and wellbeing of those around you, with a particular interest in healthy practices
2. Be approachable, helpful and interact regularly with members of your community
3. Enjoy learning new skills
4. Be willing to record any contact / activity you undertake and help us evaluate the success of the project
5. Not have any plans to leave the area you live in in the near future
6. Be able to understand, read and write English at a reasonable level

**You do NOT need:**

1. Official qualifications/expert knowledge in health
2. To give up other commitments or work in order to be a Volunteer – you can make use of the skills you learn however and whenever you see fit. Many of our previous volunteers have used the experience they have gained with us as a springboard back into Education, Training, further Volunteering, or Employment.

Support for Wellness Service Volunteers

You will receive support at all stages of your training and work as a Wellness Service Volunteer.

1. Local Coordinator – These will be your point of contact for the network and will be a link to other people and organisations to support activity you want to do.
2. Volunteer Network – We will look to hold regular Volunteer meetings where our Volunteers can meet to a provide a support network.