



**BEDFORD BOROUGH**

**WORKPLACE WELLBEING CHAMPIONS**

Workplace Wellbeing Champions are exciting voluntary opportunities open to all staff irrespective of grade, job role or experience. We are looking for individuals across all service areas who are passionate about health and wellbeing.

The purpose of the role is to provide wellbeing information and promote activities within local work areas, encouraging colleagues to engage and partake in maintaining their health and wellbeing. Wellbeing Champions will support the implementation of the Council’s Workplace Health Action Plan, in particular, promoting actions or initiatives designed to address the stigma associated with mental health and increasing overall mental health awareness.

You do not have to have previous experience as training will be provided.

**Role of the Wellbeing Champion:**

* Develop, champion and implement health and wellbeing initiatives, including local and national campaigns such as Stoptober, mental health awareness week etc.
* Be a point of contact in your service area for those wishing to find out more about staff wellbeing initiatives and activities, or signposting to wellbeing resources where support is needed
* Encourage colleagues to partake in staff health and wellbeing initiatives and actively promote the initiatives and resources the Council has to offer
* Gather feedback from colleagues regarding what is working well and what else they would like to see
* Attend monthly Wellbeing Champion group meetings
* Report on initiatives undertaken through service area operational meetings and reporting to the Wellbeing Champion Project Group

**As a Wellbeing Champion you will have the opportunity to:**

* Attend training sessions set out below (these will be mandatory)
* Mental Health Lite
* Smoking Cessation (included in MECC)
* Equality & Diversity (E-learning)
* Bullying, Harassment & Discrimination (E-learning)
* See the Signs (Save Life Training Workshop)
* Domestic Abuse Awareness
* Other suitable training as identified by the Wellbeing Champion Project Co-ordinator
* Meet other workplace Wellbeing Champions.
* Be involved in the organisation and implementation of health and wellbeing events for Council staff.

The role of the Wellbeing Champion requires up to half a day per month to undertake the outlined duties and you must gain support from your line manager to carry out this role. Wellbeing Champions will have to show a willingness to offer some of their own time to oversee/ implement certain initiatives, e.g. lunch-time groups.

You will receive the support of the Wellbeing Champion Project Co-ordinator who you can contact via email, telephone or arrange a one to one appointment.

If you are interested in this fantastic opportunity, please complete the short expression of interest form and submit it by 16th June 2021. If you wish to receive more information, please email [workplacechampion@bedford.gov.uk](mailto:workplacechampion@bedford.gov.uk)

We look forward to hearing from you!