

# The Health and Wellbeing Workplace Champion

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**Appointing a Workplace Health Champion is an important and valuable way of taking forward the health and wellbeing agenda within your company.**

**A Workplace Health Champion will act as a point of contact to actively promote Working Well to the staff.**

**Not only will this help your business to create a healthy more productive workforce, reducing rates of sickness absence, it will also have many benefits for the individual volunteering for this role.**

***Some benefits include: -***

- Free training and personal development available through the programme
- Helping your business look after its staff – including you.
- Gaining skills around planning, organising and event management
- Feel good factor of supporting a worthwhile initiative that benefits the whole workplace
- Networking with other Workplace Champions in Knowsley

## **ROLE DESCRIPTION**

- To be the main point of contact for liaison with the Working Well Officer and to receive health and wellbeing materials and updates
- To distribute and display health related materials in the workplace, and cascade health and wellbeing information to all employees who have access to emails or print/distribute information to employees who do not have access to IT
- To arrange or assist the Working Well Officer with the organisation of health and wellbeing internal events which can benefit the health and wellbeing of staff
- To signpost staff to support services such as smoking cessation, alcohol reduction etc if required
- To direct any health related requests to the Working Well Officer

## **SUPPORT FOR CHAMPIONS WILL INCLUDE:**

- Support, information and guidance from the Working Well Officer to keep Champions updated on projects and/or health and wellbeing news/briefings
- Access to **FREE TRAINING (see below)** to carry out the role
- A Tool Kit of information and leaflets to distribute

## **THE HALF DAY TRAINING WILL COVER:**

- The role of the Workplace Champion
- The support services available in Knowsley
- A Tool Kit
- A review of what's on offer to local businesses to look after the health of staff
- RSPH accredited "2 minute Health Messages" training, information, booklet and certificate
- A forum and discussion with ideas to improve health in the workplace
- Linking with other Workplace Champions