

Health Trainer Champion Role Description Volunteer Supporter –Laura Pearson

Purpose of the Role: To work with individuals and groups to increase their awareness of lifestyle issues and to signpost them to relevant service and provide them with support to change their lifestyle and achieve their health goals.

Main activities/tasks

- Assist people to visit established groups (eg Weight Management groups, Community Sports activities, Parent and child groups, employability programmes etc).
- Support national health promotion campaigns (No Smoking Day, Diabetes Awareness Week etc) and link in with local campaigns and events.
- Provide appropriate literature/information to highlight and support an individual's chosen lifestyle change(s).
- To signpost people to established services
- Undertake health based Internet research to provide accurate and relevant information to people
- Gather information from the community regarding gaps in service and assist with the overall planning of PCP Health Trainer and Health Trainer Services.

Training - All Volunteers will undertake a training package comprising of three main elements:

Induction/Policy Training

- An induction to The Pioneering Care Centre and Procedures relating to volunteers (Named Person Support, claiming expenses etc)
- Policy Training to assist Volunteers to fulfil their role, within legislative boundaries and the Organisations aims and objectives.

Formal Health Training

All Volunteers will be encouraged and supported to learn a broad range of skills to equip them with the skills and knowledge to engage people, understand current interventions and provide health information.

An accredited training package (currently RSPH Understanding Health Improvement) can be completed to gain health qualification. Other additional appropriate Brief Intervention and training courses will be identified and HTC's encouraged to attend.

Experiential Learning

To build on the knowledge gained via formal health training, Volunteers will be able to access structured support such as:

- Confidence and motivational workshops
- Action planning sessions
- Group work and team building exercises

Personal Qualities

- No formal qualifications required
- An interest in health and healthy lifestyles
- Good communication skills or a wish to develop these further.

Support and Supervision

Each PCP Volunteer receives assistance from a 'Named Person'/supervisor who is responsible for supporting volunteers with all aspects of their role or study. The designated persons are Health Trainers.

Location

All volunteers should live in County Durham and some may be required to travel independently to support the work of PCP projects and services.