

Osmani Trust

P/T Health Champions x 2 Positions - (must be flexible to suit local needs)

Job Description

<u>Pay:</u>	£6.00 per hour
Location:	London Borough of Tower Hamlets, Osmani Centre, 58 Underwood Road, London E1 5AW
Responsible To:	Team Leader
Responsible For:	Service Users and Volunteers
Contract:	12 months - Fix Term Contract
Hours:	12 hours a week

Purpose of the Post:

The Health Champions programme is part of a Department of Health initiative to tackle health inequalities. The Health Champions deliver health promotion and awareness to the local community in conjunction with the team of Health Trainers, who are qualified to help, support and motivate people to build healthy lifestyles.

Health Champions will be supported in their work by:

- Training in Level 2 – Health Improvement
- Supervision in the workplace;
- Direct contacts with the local health improvement team;
- Locality primary care networks.

Main Duties

The Health Champion role will involve:

- Supporting Health Trainers with activities and events
- Working closely with other health and social care organisations
- Developing good working relationships with various community organisations
- Assist with the running of and organising events and activities
- Signpost clients to relevant health services
- Registering clients to Healthy Lifestyle Programmes
- Organising health events
- Co-ordinating health sessions e.g. walking sessions; swimming classes

Skills/Experience

The role of Health Champions demands the following attributes:

- Must be reliable
- Understanding and sensitive to clients' needs
- Good organisational skills
- Willingness to learn
- A commitment to and understanding of Equal Opportunities/Diversity
- Excellent verbal communication skills in order to communicate effectively with a wide range of people, including older people and those who speak English as a second language
- Good written and spoken English
- Treat clients with dignity and respect

Person Specification - Health Champion

Qualifications	
Good knowledge of English	Desirable
Health promotion background	Desirable
Knowledge	
Understand the general ideas of health and health services, and about what can make people healthy or unhealthy	Desirable
Understand the health and health services needs of the local community	Desirable
Understand the idea of motivation	Desirable
Understand behaviour change methods	Desirable
Know how to find out about local services and to support individuals to use them	Desirable
Know about local communities	Desirable
Understand the ideas around making plans and sticking to them	Desirable
Know your own limits of skills, competences and responsibilities and work within them and know when to ask for help	Desirable
Understanding of community empowerment and decision-making.	Desirable
Experience	
Experience of working with local community groups in some capacity	Desirable
Experience of working in a multi-disciplinary team.	Desirable
Experience of planning and organising events	Desirable
Skills	
Able to talk to people face to face	Essential
Able to write down information in clear accurate English	Essential

Good at listening to people and able to get on with different kinds of people	Essential
Supportive and encouraging to people in difficult situations without making a judgement about them	Essential
Able to respect confidentiality at all times	Essential
Respectful and value people regardless of background	Essential
Able to find information to help people or guide them to others who can offer support	Essential
Able to manage own time effectively	Essential
Ability to organise work under pressure and use your own initiative.	Essential
Ability to use I. T. word processing and spreadsheet packages, email, Internet and other office equipment.	Essential
Ability to collate information and make proper use of them.	Desirable
Commitment and willingness to undertake training which will improve personal skills and enhance team performance	Essential
Ability and willingness to work evenings and weekends as required.	Essential
Ability to speak a community language (i.e. Bengali or Somali)	Desirable