

Osmani Trust

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

Job Description

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:	6 months Voluntary
Hours:	3.5 hours per week
Expenses (£)	(Lunch & travel covered)

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 RSPH Level 2 – Health Improvement
- Other relevant training(s)
- Supervision in the workplace
- Direct contacts with the local health improvement team
- Locality health care networks.

Health Champions will be required to undertake a minimum of 3.5 hours a week in addition to any training. Hours are flexible to suit the Health Champion and the needs of the Health Trainers.

Main Duties

The Health Champion role will involve:

- Supporting Health Trainers with outreach 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