



# **Health and Well-being Ambassador**

## **Role description**



## Our People Strategy aims for health and well-being:

- ❖ We will create an environment that helps you to manage and maintain your own physical health.
- ❖ We will support you to feel safe to talk openly about your mental wellbeing and be able to access a range of support.
- ❖ We will get the basics right by providing good working conditions and safe systems of work.
- ❖ You will be supported to strike the right balance between your responsibilities outside of work with your job so that you can do both well.

The Gateshead Health NHSFT Health and Well-being model works towards achieving these aims by offering support at 3 levels;

1. **Foundation** – offering access to interventions to everyone;
2. **Team Support** – offering help to support the health of teams;
3. **1:1 specialist support** – offering more specialised help to those people who need it



## What is a Health and Well-being Ambassador?

A Health and Well-being (HWB) Ambassador is a voluntary role, providing a link between the organisation's HWB Steering Group, and the people within your team. The HWB Ambassador plays a key role in supporting and developing a culture that contributes to improving the physical and mental wellbeing of the workforce.

The role is very much focused on sharing information, both from the organisation to your team, and also from your team back to the organisation.

The role requires a real interest in health and well-being, and although you will be invited to take part in training sessions periodically to widen your knowledge base, it is also expected that you will keep up to date with current news from within the Trust and beyond, in terms of HWB issues.

You will be the first point of contact for the people in your team if they have a HWB query, and should be able to point them in the right direction for further help and guidance.

You will also need to think creatively about how you get important HWB messages out to your team members so that there is good engagement and wide understanding.

### Manager support and permission

You will be given reasonable time by the organisation to undertake these activities, so it's vitally important that you have the agreement of your line manager to take on this role.



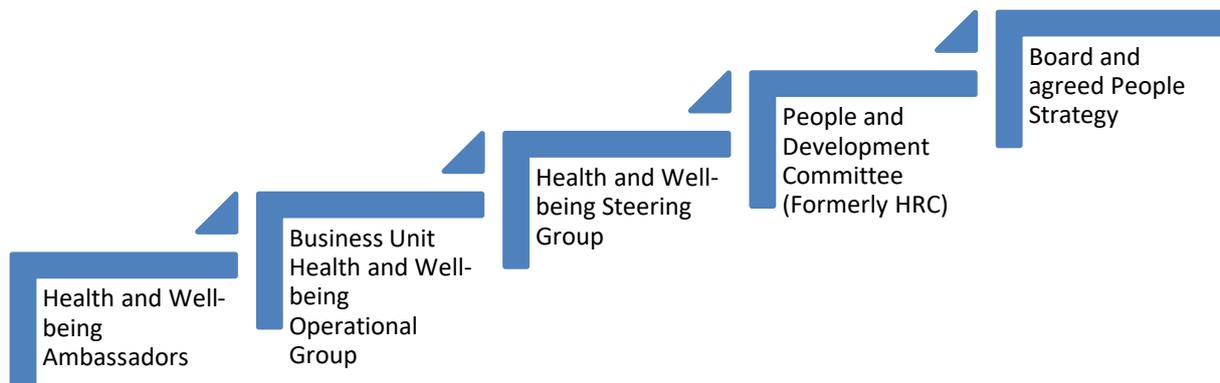
### Key qualities:

- ❖ An enthusiasm for, and interest in, health and wellbeing
- ❖ A desire to improve the working environment and support engagement
- ❖ Being approachable and willing to help others
- ❖ Keen to keep learning about healthy lifestyles and health promotion
- ❖ Acting as a positive role model for health and wellbeing

### How do the HWB Ambassadors fit into the wider HWB context at Gateshead?

The HWB Ambassadors are the cornerstone of the HWB model within Gateshead. They will be a part of newly formed Business Unit HWB Operational Groups, and will support their business unit representative to feedback to the HWB Steering Group.

By implementing this grassroots approach, rather than a top down approach, the HWB activity within each business unit will be much more contextualised, and fit the different needs of each area.



### What will the role involve?

The HWB Ambassadors will know their work areas and their colleagues, and so will be best placed to know what will work best in for their team and can pick out resources that fit their local environments.

The HWB Ambassadors will be carrying out activities such as:



- ❖ Promoting particular health campaigns through poster displays, emailing colleagues, giving out leaflets and updating colleagues at meetings (e.g. for campaigns such as World Mental Health Day, National No Smoking Day)
- ❖ Setting up and maintaining a HWB notice board
- ❖ Organising activities e.g. a lunch time walk, book club or hobby group
- ❖ Signposting colleagues to relevant information and services
- ❖ Ensuring HWB is considered in team meetings
- ❖ Encouraging colleagues and Learners to participate in wellbeing initiatives such as the Pedometer Challenge
- ❖ Championing and promoting relevant health messages at a team level
- ❖ Role modelling and promoting a healthy culture within the workplace
- ❖ Attending occasional training, events and forums in order to collaborate with other Ambassadors
- ❖ Sharing stories of success with their local HWB Operational Group, and the HWB Steering Group for use in wider publicity such as QE Weekly

This role offers you:

- ❖ A sense of belonging – being part of the HWB Ambassador network allows you to connect with likeminded others who share a commitment to health and well-being
- ❖ An opportunity to increase your awareness of the many facets of physical and mental health, supporting a more mindful approach to your own health and well-being as well as others in your team
- ❖ Greater confidence in initiating, organising and running activities, resulting in a greater sense of feeling successful and valued
- ❖ An opportunity to influence the HWB agenda both within your team, but also throughout the Trust

If you would like to become a HWB ambassador in your area, please discuss with and gain permission from your line manager, then get in touch with Dale Jones, HWB Lead on [dale.jones2@nhs.net](mailto:dale.jones2@nhs.net).

**We are particularly keen to have representation from a wide range of our workforce, including our BAME and LGBT colleagues, as well as those colleagues who have experience of a long term health condition, or a disability (whether that is visible or hidden).**