

# Healthworks Workplace Health Volunteer

## Role Description

Are you passionate about health and well-being? Do you enjoy advocating for positive change and motivating others? Join us as a Healthworks Workplace Health Volunteer and be a driving force in promoting wellness in the workplace and beyond.

This volunteer opportunity empowers you to advocate for health, raise awareness on various health topics, contribute to building a positive well-being culture, and support colleagues in making informed choices, and ultimately improving overall workplace health.

### Responsibilities:

#### 1. Health Advocacy:

- Raise awareness on various health topics and initiatives within the workplace.
- Contribute to the development of a positive well-being culture by promoting healthy habits and practices.
- Support colleagues in making informed choices regarding their health and well-being.

#### 2. Diverse Outreach:

- Engage with a diverse group of colleagues to ensure the campaign reaches a wide audience.
- Foster inclusivity and understanding of health issues across different demographics within the workplace.

#### 3. Support Workplace Action Plan:

- Assist in progressing Healthworks' workplace action plan to achieve the Better Health at Work award.



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- Collaborate with colleagues to implement strategies for creating a healthy work environment.

#### 4. Development of Skills:

- Develop communication, persuasion, and motivational skills through engagement with colleagues.
- Gain valuable experience in advocating for health and well-being, enhancing your CV in the process.

#### Requirements:

- **Communication Skills:** Ability to effectively communicate health information and engage colleagues in discussions.
- **Warm and Approachable:** Create a welcoming and inclusive environment for colleagues to discuss health topics.
- **Enthusiasm:** Show passion and enthusiasm for promoting health and well-being initiatives.
- **Reliability and Punctuality:** Demonstrate reliability and punctuality in fulfilling volunteer commitments.
- **Observant:** Pay attention to the needs and concerns of colleagues. Identify areas of improvement and adapt initiatives to meet the needs of the workplace.
- **Experience with Diverse Groups:** Previous experience working or volunteering with diverse groups is beneficial.
- **DBS Check:** Willingness to undergo a Disclosure and Barring Service (DBS) check.

#### Join Us:

If you're enthusiastic, reliable, and passionate about promoting health and well-being in the workplace, we invite you to become a Healthworks



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Workplace Health Volunteer. Together, we can create a healthier and happier workplace environment for all. Apply now and embark on this rewarding volunteer journey with us!

### Benefits:

- **Access to Gym Facilities:** Enjoy free access to onsite gym facilities at Healthworks during your volunteering period.
- **Expenses covered:** All commuting travel costs and refreshments are covered and can be claimed back.
- **Accredited Training:** Access accredited training opportunities to enhance your skills and knowledge, such as MECC, First Aid, Safeguarding etc.
- **Experience:** Gain valuable experience in workplace health promotion and advocacy.
- **Formal Training:** Undertake formal training provided by local Workplace Health Improvement Specialists (WHIS) or Award Coordinators.
- **Support and Development:** Receive ongoing support throughout your volunteer role from the Welling Lead, local authority and regional Coordinator and opportunities for further CPD development.
- **Resources:** A large bank of resources is available to all Health Advocates including: regional webinars that take place quarterly and regular Healthy Work e-newsletters.

### Application Process:

To apply for this volunteer role, please submit your application expressing your interest and outlining relevant experience and skills. The application forms can be found on the [volunteering page of our website](#) or at our Healthworks Centres in Benwell or Lemington. Shortlisted candidates will be invited for an informal chat to discuss suitability and expectations further.



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**Further information and contact details:**

- Visit our website: [www.healthworksne.org.uk](http://www.healthworksne.org.uk)



- Email: [afifa.ahmed@hwn.org.uk](mailto:afifa.ahmed@hwn.org.uk)
- Visit The Health Resource Centre:  
Adelaide Terrace, Newcastle upon Tyne, NE4 8BE, 0191 272 4244
- Visit The Lemington Centre:  
Tyne View, Newcastle upon Tyne, NE15 8RZ, 0191 2641959

