

The NHS People Plan 2020-21 sets out a number of health and wellbeing ambitions that aim to enable NHS organisations to create cultures of wellbeing, in which their workforce feel supported and well at work.

One of these ambitions is to encourage all NHS organisations to roll out a network of **Health and Wellbeing Champions**, in a way that works best for their organisation.

## What is a Wellbeing Champion?

Wellbeing Champions are individuals who work at all levels of the NHS, from all demographics and roles, who will promote, identify and signpost their colleagues to local and national health and wellbeing support offers.

Wellbeing Champions do not provide any form of treatment for mental or physical health conditions.

Champions focus on promoting general wellbeing within the organisation.

# Who is your Wellbeing Champion?



## Benefits for your organisation?

- Help raise awareness of wellbeing activities with the team
- Support with the promotion of healthy lifestyles and positive mental health
- Development opportunity for a team member
- Improve employee morale and engagement
- A healthier and more inclusive culture.
- Lower absence rate



# Wellbeing Champion

## About the Role

Wellbeing Champions are employees who volunteer to focus on improving the wellbeing of their fellow colleagues, as part of the company wellbeing initiatives. Champions focus on promoting general wellbeing within the company.

Champions will be able to signpost colleagues to relevant services. They will provide information to colleagues about the local and national Wellbeing services available and also support in promoting any wellbeing initiatives.

We have put together a resource pack to support the implementation of the role, [training resources](#) and a Wellbeing Champion Toolkit to help them get started.

Any member of the team can be a **Wellbeing Champion** from a clinician, manager, administrator or cleaner.

The Wellbeing Champion should be;

- Personable
- Approachable
- Passionate about mental and physical wellbeing
- Ability to encourage colleagues to access relevant health and wellbeing opportunities
- Have the time to dedicate to the role as a Champion
- A positive forward-thinking attitude

### National Training programme

Health and Wellbeing Champions - elearning for healthcare  
([e-lfh.org.uk](http://e-lfh.org.uk))

### Local Resources

- Full role description
- Wellbeing Champion advert
- Local wellbeing offers available
- Wellbeing Champion Toolkit

Visit

<https://gptaskforce.com/primary-care-wellbeing/>

