

HEALTH & WELLBEING CHAMPION CHARTER



WHAT IS A HEALTH & WELLBEING (H&W) CHAMPION?

A H&W Champion is someone who pledges:

- to make a positive difference within their team;
- to lead on supporting cultural change;
- and to make it easier for people to talk about wellbeing and mental health in the workplace.

A H&W Champion will create opportunities for staff to access support and will work with senior members of staff to raise awareness of health & wellbeing issues and bring more people into the conversation.

HOW DO I SIGN UP?

- Let your team and organisation know that you have become a H&W champion.
- Email us to confirm your sign-up futurefocusedfinance@nhs.net and share some detail on the actions you are committing to. Share your commitment internally with your team.
- Add the FFF H&W Champion banner into your signature to promote your new role.



WHAT CAN YOU DO AS A H&W CHAMPION?

- Organise and facilitate informal weekly catch ups over a cup of tea – this doesn't have to be work chat.
- Encourage colleagues in the team to access health and wellbeing initiatives and training available within your organisation.
- Host a health and wellbeing workshop with senior staff to raise awareness of issues highlighted within the team.
- Work with senior staff to introduce formal training to cover areas where organisational support is not available.
- Update your team/department by holding an informal meeting or circulating an email with the latest Health and Wellbeing information.
- Try to engage with others who are interested in becoming Health and Wellbeing Champions.
- Organise 'train the trainer' programmes for health and wellbeing for others who want to become Health and Wellbeing Champions.
- Set up a team production board to celebrate successes and to share ideas etc.
- Champion activities within your team. Communicate with colleagues to find out the different hobbies and interests across the team. Organise team away-days or optional social activities. Some examples could be:
 - Lunch time walks
 - Lunch time activities such as; Yoga, Tai-chi, Pilates etc.
 - Pay-day lunch outings
 - After work dinner / drinks
 - After work dog walking
- Encourage your team to show interest in one another and to be kind to each other.
- Use social media and blogs to share experiences in a positive way
- Use the ONF website and social pages to share what you're doing with other organisations, plus use them to find ideas by seeing what other teams are doing.

Use the suggested actions above and start sharing the great work you're doing on social media and on the ONF website!

Tag us on Twitter @OneNHSFinance & LinkedIn @One NHS Finance