

# 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](mailto: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 FFF 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 FFF website!**

**Tag us on Twitter @nhsFFF and LinkedIn @NHS Future-Focused Finance**