Volunteer Role Description

POST TITLE	COMMUNITY CHAMPION
RESPONSIBLE TO	VOLUNTEER C0-ORDINATOR
TIME COMMITMENTS	**Flexible**

PURPOSE OF ROLE

We are looking for dedicated volunteers who can give a few hours a week to improve the health and wellbeing of people around ZEST area, Hillsborough and Winn Gardens. This is a really flexible role that gives you the opportunity to help people in a way that you are passionate about, from simply having conversations with people you already know, setting up a conversation or walking group, to befriending people who have become socially isolated.

LOCATION	Various Locations

What's involved?
The role of the Community Champion is to:

- Help improve the health and wellbeing of people in Sheffield's communities
- Help to identify the health & wellbeing needs of your local community
- Promote positive health messages in the local area
- Encourage people to make changes to improve their health & wellbeing
- Feedback on what you are hearing from people to your volunteer leader.

You will not be required to provide personal care (e.g. feeding, washing) or give direct medical advice to clients.

What knowledge do I need?
As a Community Champion, it would be beneficial for you to know about:

- The things that make people healthy and unhealthy and willing to learn more
- Your local community

What skills do I need?
As a Community Champion, we ask that you:

- Are a good listener
- Can provide non-judgemental support and encouragement to people in difficult situations
- Are able to respect confidentiality even in difficult situations

- Are respectful and supportive of people regardless of background
- Are interested in helping people to find ways to solve their problems
- Enjoy meeting people
- Are friendly and enthusiastic
- Have a passion for improving people's health and wellbeing

What can I gain from this role?
- Valuable experience in community-based work
- A better understanding of health & well-being needs
- A greater awareness of services and activities in your local area
- Training in areas such as understanding health and signposting
- Opportunity to meet new people and develop your social skills
- Access to ZEST's training and employment services

Training
Health Chats, making every contact count, and Safeguarding. Additional optional training includes Accredited First Aid at work level 3, cancer awareness, diabetes awareness, screening confidence and additional training as arises.

Development
Expansion of personal networks, connection to community job clubs, and support from your organisation lead in personal and professional development.

Support
You will be supported by a dedicated member of staff who will ensure that your training and development needs are met, and provide ongoing support as needed.

Expenses
We will refund you for any reasonable expenses, such as travel and activity costs.

DBS Checks
A DBS check may be required for this role, but it will depend on the specific activities that you choose to do. Your supervisor will go through this with you before you start. We are required to ask for two references for volunteering with ZEST.