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# BECOME A WELLBEING CHAMPION

**OPEN TO ANY TEAM MEMBER** 

Volunteer to become your organisations Wellbeing Champion and help raise awareness of wellbeing activities, promote healthy lifestyles and positive mental health.

You will provide information to colleagues about the local and national wellbeing services available.

National NHSE wellbeing training and various local educational events and training sessions will support in your role

**To express your interest:**

- Obtain permission from your line manager
- Inform GPTF via the QR code who will send you a welcome letter and join the Primary Care Wellbeing Champion Network



# Wellbeing Champion Role Description

Wellbeing Champions are employees who volunteer to focus on improving the wellbeing of their fellow colleagues, as part of the company wellbeing initiatives. Any member of the team can be a Wellbeing Champion whether a clinician, manager, administrator or cleaner.

It is important to recognise that Wellbeing Champions do not provide any form of treatment for mental or physical health conditions. Champions focus on promoting general wellbeing within the company. 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

## What will the role involve?

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The purpose of the Champion role is to help raise awareness of wellbeing activities, promoting healthy lifestyles and positive mental health.

## Work area engagement

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Champions will promote health campaigns through poster displays, emailing colleagues, giving out leaflets and updating colleagues at meetings they attend with the support from GPTF. (e.g., World Mental Health Day, Healthy Eating Week, National No Smoking Day). Champions may organise activities, e.g., a lunch time walk/runs, book club or hobby group at the organisations discretion.

## Communication and signposting

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Champions will be able to signpost colleagues to relevant services. They will provide information to colleagues about the local and national wellbeing services available.

## Training

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Wellbeing champions are encouraged to attend the national NHSE wellbeing training and various local educational events and training sessions.