

Volunteer Role Description: Practice Champion (Shiregreen medical centre)



We are looking for dedicated volunteers who can give a few hours a week to improve the health and wellbeing of people in Sheffield's least healthy communities. You will assist staff at Shiregreen Medical Centre (SGMC) to deliver new support groups and activities to their patients, raise awareness of health issues, and advertise services the practice offers its patients. This is a flexible role that gives you the opportunity to help people in a way that you are passionate about.

What's involved?

The role of the Practice Champion is to:

- Help improve the health and wellbeing of people in Sheffield's least healthy communities
- Support people to eat healthily, be physically active and improve their mental well-being
- Help to identify the health needs of patients at SGMC and your local community
- Promote positive health messages in the local area (for example, helping to run a stall at a community event)
- Encourage people to make changes to their health
- Explain the benefits of making healthier choices
- Support people in making healthy choices (for example, going with them to activities like health walks)
- Organise activities that provide people with the skills and knowledge to live healthier lives (for example, cooking sessions)
- Talk to clients about the possibilities that making improvements to their health can bring
- Any other reasonable activities aimed at enhancing the client's quality of life

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 Practice Champion, it would be beneficial for you to know about:

- The things that make people healthy and unhealthy, and be willing to learn more
- The needs of your local community
- How to find out about local services and how to support individuals to use them
- Your own limits of skills, competences and responsibilities, and how to work within them

What skills do I need?

As a Practice Champion, we ask that you:

- Are self-motivated and able to take ownership of tasks
- Can confidently talk to people face-to-face
- Are a good listener
- Can provide impartial support and encouragement to people in difficult situations
- Are able to respect confidentiality
- Are respectful and supportive of people regardless of background
- Can research information to use to help people
- Enjoy meeting people
- Are friendly and enthusiastic
- Have a passion for improving people's health and wellbeing
- Are able to learn from your own experiences
- Are able to identify, assess and manage risks

- Are reliable and committed

What can I gain from this role?

- Valuable experience in community-based work
- A better understanding of health needs
- A greater awareness of services and activities in your local area
- Training in areas such as understanding health and signposting
- Opportunities to meet new people and develop your social skills
- Access to SOAR's training and employment services

Training

You will be required to attend mandatory training one and a half days -when begin your role. This will cover areas such as understanding health needs, signposting, boundaries, confidentiality, and safeguarding. You will be able to access any other appropriate training during your time as a volunteer.

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.