

Health Promotion Volunteer

Could you support people in the community learn about healthier lifestyle?

West London NHS Trust's Healthier Lifestyle Service is looking for local Health Promotion Volunteers to work on new exciting projects in the Ealing community! This includes working with the Diabetes Health and Wellness Coaching Service and the Tuberculous Awareness Service. The majority of the time will be spent in the Ealing community engaging with people with reliable information about healthy lifestyle including about eating, physical activity, smoking, diabetes and TB and gathering opinions of the community. You will be part of an amazing local community of volunteers who know the people well and how best to work with them to get the best results with the support of our services.

To be successful for the role, the following is required:

- Completed online volunteering application form
- An informal volunteering interview
- DBS check
- X 2 references
- Completion of core and local induction training

What does the role involve?

- Befriending, talking and listening to residents and working closely with TB lead and Diabetes Health and Wellness Coaching Team
- Help identify potential outreach and awareness opportunities
- Sign post people onto relevant health services
- Outreach in the community and speaking about Healthier Lifestyle Service
- Support on national events such as Diabetes Week or TB Awareness Day
- Assist staff with preparing of posters and organisation of events
- Adhere to the relevant policies and procedures of the Trust, including Infection control, Health and Safety, Safeguarding, Equality and Diversity, Data Protection and Confidentiality policies
- Opportunities to get involved in other areas of the Trust's work, including our NHS careers

Volunteers are not expected to be involved in any of the following:

- Clinical or medical treatments of any kind
- Psychological interventions

What skills and qualities do you need?

West London NHS Trust is committed to equal opportunities and welcomes applications from all sections of the community.

- Passionate and interested about supporting people with diabetes and TB
- Desirable, speaking more than 1 language (Polish, Punjabi, Tamil, Romanian)
- Desirable, experience (personal or other) of long-term conditions
- Preferably living close to Ealing
- Have good interpersonal skills
- Be reliable
- Able to work as part of a team
- Able to complete tasks effectively and efficiently
- Committed to uphold [Trust core values](#) (**Togetherness, Responsibility, Excellence, Caring**) and NHS policies

What we can offer you

- A full induction, training or brief to your role
- On-going support and guidance from a member of staff
- The opportunity to develop your personal and professional skills
- The opportunity to get involved in other areas of The Trust's work, including NHS careers
- Provide you with a uniform
- Reimbursement of reasonable expenses
- The opportunity to contribute to our mission supporting outstanding patient care.

Time commitment

There is an expected minimum commitment once a week or twice a month for at least 6 months for this role

The general time options activities could occur (these are not specific scheduled shifts). Shifts can vary and can be flexible to suite volunteers schedule.

	Morning	Afternoon	Evenings	Nights
Monday	X	X	X	
Tuesday	X	X	X	
Wednesday	X	X	X	
Thursday	X	X	X	
Friday	X	X	X	

Saturday	X	X		
Sunday	X	X		

Number of volunteers needed

We will need 3 volunteer(s) for this role

'West London NHS Trust is committed to safeguarding all children and vulnerable adults and expects all staff and volunteers to share this commitment.'