



## Health and Wellbeing Support Volunteer

### About this role:

Are you interested in working with individuals to support and promote their health and wellbeing? An exciting opportunity has arisen for an enthusiastic and dedicated person to be part of the volunteering team for Healthy Hounslow. Healthy Hounslow deliver free NHS health checks, the NHS health check is a world-leading programme with almost 1.5 million people having the check every year. It can tell you whether you are at higher risk of getting certain health problems such as diabetes, heart disease or stroke. This free check-up is being offered to eligible residents aged 25-50 years old who have not had one in the last 5 years.



This volunteer role will specifically support our community team of healthcare professionals operating out of a converted ambulance, travelling to different locations, events and communities across Hounslow. The team want to engage with members of the public – on the high street, in community centres, in workplaces or places of worship. The team are trained to talk to individuals about risk factors for cardiovascular disease, take blood pressures, deliver NHS Health Checks, and refer eligible residents to health coaching and lifestyle interventions. As a volunteer, you will be an integral part of encouraging individuals to move more, eat well, stop smoking, drink less, sleep well and stress less and improve the general health and wellbeing of patients residing in the borough of Hounslow.

To find out more about the service that Healthy Hounslow provide please see here: [Health Checks – Healthy Hounslow](#)

### What does a Health and Wellbeing Support Volunteer do?

- Support with the set-up of the converted ambulance so that its ready to receive members of the public.
- Actively encourage members of the public to take the opportunity to receive a free NHS health check.
- Inform patients of what they're likely to expect from their health check.
- Record patients' height and weight.
- Maintain cleanliness of equipment and disassemble appropriately at the end of the shift.
- Befriend patients by offering supportive listening.
- Recognising and escalating concerns appropriately.
- Take part in promotional events to advertise Healthy Hounslow services.
- Provide information/signpost about local activities/support groups that will meet patient's needs.

### What shifts are available:



- Shifts are available Wednesday, Friday & Saturday 10.00-16.00 (half or full day)
- Some additional events ad hoc

## Location:

- Various in the Hounslow area

## Are there any specific requirements for this role?

- An interest in health, wellbeing, fitness.
- Physically able to stand and/or move around with ease for the duration of a shift.
- A friendly, positive, and approachable manner.
- Confident, proactive and motivational.
- Able to recognise boundaries and limitations of the role.

## Essential requirement / commitment:

- Over 18 years of age
- A standard Disclosure and Barring Service (DBS) check.
- Commitment of at least 1 shift/3 hours per week for a minimum of 6 months
- Participation in the mandatory training and induction programme and confidential discussion of any reasonable adjustments required to meet your needs.
- To live our values through your volunteering role at HRCH:



Care



Respect



Communication

## How will I be supported and what will I gain from this opportunity?

- Join an enthusiastic volunteering team of people who want to make a difference, just like you.
- Learn new skills and develop existing skills.
- A buddy to support you through your initial induction.
- It can contribute to your personal development and confidence.
- You will be making an important contribution to your local community throughout your volunteering journey at HRCH.
- Invitation to volunteer events to celebrate and thank for the support they provide. An opportunity to meet other volunteers at the trust.
- Annual refresher training.
- A reference to support applications – please kindly note that this is only provided after our minimum commitment has been met.

## This role is for me, what next?

- Please complete an online application via the Better Impact page.
- Should your application be successful, we will offer you an interview.



## Volunteering

Hounslow and Richmond  
Community Healthcare  
NHS Trust

### Contacting the Volunteering Team

If you have any enquiries or would like to discuss anything further, please do get in touch:

**Email:** [hrch.volunteering@nhs.net](mailto:hrch.volunteering@nhs.net)

**Telephone:** 0208 714 4087