

Lancashire & South Cumbria Training Hub

WELLBEING CHAMPIONS LOCALITY LEAD ROLE DESCRIPTION

Hi There

We are looking for expressions of interest from primary care staff to become **Wellbeing Champion ICP Leads** to help build upon the Health and wellbeing strategy, undertake a training role, and support the promotion of national and local support offers.

The aim of building a team of Lancashire & South Cumbria digital Leads/trainers is to increase the development of sustainable health and wellbeing capabilities and confidence of the workforce, ensuring all primary care staff can take advantage of positive wellbeing to improve their own health wellbeing and practice and the care they provide in a co-ordinated and consistent approach.

Please see [attached](#) the role description.

If you are interested in health and wellbeing and are willing to train and support other staff within Primary Care, then:

- Lancashire and south Cumbria are offering **£45 an hour** to all staff who deliver support, leadership and training and work towards health and wellbeing workforce strategy
- We are expecting this will be 1 day a month commitment (or 2 half days if prefer), 7.5 hours
- You will be expected to attend meetings and training and cascade wellbeing skills across the region

If you are keen to undertake this role, please confirm your interest via email to corrie.llewellyn@nhs.net **ASAP**.

We will then contact you to arrange your training and provide objectives for the role. Please note if there is high demand for this role, we may need to undertake some formal interview/ application process.

Introduction

Lancashire and South Cumbria Integrated Care System (ICS) is a partnership of organisations working together to improve and expand on our current good practice to improve on the current health and wellbeing (HWB) activities offered to staff in collaboration with our partners including the H&WB GP support package on offer through the LMC. This project will ensure health wellbeing and resilience work and the collaboration across the areas can provide innovative activities to support all staff with a model that can become embedded and more sustainable. There are five local areas within our footprint which include all the wider primary care workforce including practice staff, optometry, pharmacy and dentistry: West Lancashire, Central Lancashire, Pennine Lancashire, Fylde Coast and Morecambe Bay.

If you are interested in health and wellbeing and are interested in 'stepping up' and supporting one of the locality teams and ICS to deliver on the support offers to primary care align with ICS health and wellbeing, resilience work as a wellbeing champion, then the following may be of interest to you.

The Lancashire and South Cumbria Primary Care Training Hub (L&SC PCTH) are looking for staff interested in becoming wellbeing champions. A full day training and resources will be offered to all those who are successful. To be a wellbeing champion you do not have to be experts in the field of health and wellness, but have a passion for it, personally and professionally, and are intrinsically motivated to promote wellbeing among their colleagues and create a positive culture for the primary care workforce.

All wellbeing champions will be provided with a toolbox enabling them to provide:

- Wellbeing circles/ huddles
- Up to date info on NHS and Local support offers
- Webinars
- Wellbeing action plans
- Relaxation techniques
- Podcasts to cascade
- Activities
- Wellbeing conversations guide
- Further training such as suicide awareness
- Ongoing lead and peer support

All wellbeing champions following training will

- appreciate what workplace wellbeing is (and is not)
- have a vision for wellbeing at their workplace
- have helped define the role of a wellbeing champion at their organisation
- be equipped to lead by example when it comes to physical, mental and social wellbeing
- understand the connection between self-care, colleague care and client care
- be enabled to support the wellbeing Guardians and their colleagues with wellbeing initiatives in line with ICS and Peoples Plan
- have built a bond with their fellow wellbeing champions, peer support network
- Increase access for wellbeing for the benefit of all primary care staff

Job Title

Wellbeing Champion locality lead x 5

Accountable To:

The L&SC Primary Care Training Hub and ICS health and wellbeing lead

Responsible To:

The L&SC Primary Care Training Hub Chair

Works with:

Members of the L&SC PCTH including

- Training Hub wellbeing champion lead
- Locality Hub Leads
- Locality Hub co-ordinators
- Primary Care Networks
- Practices all staff
- All staff in wider primary care settings in dentistry optometry and pharmacy

Job Role:

To provide support to the L&SC Primary Care Training Hub (and its constituent locality Hubs) and ICS to continue to deliver work already taking place by the Wellbeing Champion Lead in the primary care training hub:

- Support all staff and sustain this work linking with guidance from Wellbeing Guardians and allowing Wellbeing Champions to be adopted into each area
- Provide wellbeing training to create wellbeing champions in each area using an established train the trainer model to support and spread wellbeing champions training and cascade in each area

- Support the health and wellbeing initiatives within each ICP via the Wellbeing Champions ensuring primary care is represented and benefits from any ICP based initiatives. Ensure equity of access and avoid duplication by working as part of the ICP based health and wellbeing teams
- To work closely with the wellbeing champion lead of L&SC TH and Primary Care lead in supporting and delivering the strategic aims of the integrated care system Health and wellbeing workforce strategy.
- Develop a record of local wellbeing use within practices, collaborate with locality hub to keep this record up to date
- Attend regular wellbeing strategy workforce meetings when required and to ensure links to the PCTH wellbeing Champion Lead to inform and support strategic direction.
- Provide support to practices identified that would like to develop the wellbeing skills and then provide support to embed into daily practice
- Deliver wellbeing champion training through a train the trainer approach to staff within ICP locality
- Work in partnership with providers and other key stakeholders to embed wellbeing support in a coordinated approach across the primary care workforce
- Promote and share best practice and embed resources for example of 'approved apps' to support staff self-management, signpost to national and local offers and support the design and adoption of new HWB solutions
- Report on activity on quarterly reporting mechanism set by L&SC PCTH
- Audit work and report any risks reports to PCTH
- Promote innovative work and be an enabler of change and quality improvement across the ICP

Terms

Terms – sessional, 1 day a month (or two half days), total 7.5 hours
Pay £45.00 per hour

Funding is available for 12 months initially

Wellbeing champions who are part of the programme will each receive one of the Be-well boxes containing wearable technology which has already been positively received as part of the Health and Wellbeing pilot. The boxes contain devices that monitor posture, movement, hydration and mental wellbeing. This approach mirrors a similar digital support programme for nurses which ran across England whereby they received tablet devices to support working with patients. This incentivised approach resulted in significant uptake and success. The Be-well boxes will support the wellbeing champions and at the same time help them promote where simple wearable technology can support health and wellbeing.

For further information and to place your expressions of interest contact.
Corrie Llewellyn on corrie.llewellyn@nhs.net or 07826556652