



Staff Volunteer Wellbeing Champion Role



Volunteer Staff Wellbeing Champions:

- Support the aims of the Staff Wellbeing Management Group and Wellbeing Champions Network in promoting Manchester's Six Ways of Wellbeing
- Be a named and accessible Wellbeing Champion representative for your School or Directorate.
- Boost engagement and awareness of the Manchester Six Ways to Wellbeing and wellbeing in general within your School or Directorate.
- Identify as a Staff Wellbeing Champion and be aware of what wellbeing means for the University and act towards these commitments

A Volunteer Staff Wellbeing Champion will be expected to:

- Cascade wellbeing advice and event information from the Head of the Champions Network to all staff within their local area to create stronger wellbeing awareness and engagement;
- Organise and promote approved events that link with the annual wellbeing calendar that is being developed;
- Attend Staff Wellbeing Champion events or training;
- Feedback to the Wellbeing Champions Network so that future initiatives can be developed for the University;

Activities will involve:

- Promote a culture of wellbeing by signposting colleagues to University wellbeing opportunities and services via poster displays, email, social media and other relevant communications channels.
- Contribute where possible to the Staff Wellbeing Blog.
- Identify examples of positive change which has occurred in their area in order to share best practice with colleagues.
- Be familiar with local communication channels and how to access them to boost wellbeing messages.
- Develop and share knowledge of the Staff Support Services within the University (Counselling, Wellbeing Rooms etc.) and be able to advise and direct colleagues where necessary.
- Link up with other Champions who may be working within your Directorate or Faculty to ensure communications.

A Staff Wellbeing Champion will not:

- Take the place of any professional support service. A volunteer only signposts and advises on where a colleague can access wellbeing services.

Your commitment

- A minimum one year commitment to the Staff Wellbeing Champions Network.
- Provide your full contact details for the Wellbeing Champions listings
- Participate in the virtual Wellbeing Champions Network (via Yammer).
- Attend network meetings and events.
- Contribute at least one blog a year to the Wellbeing Blog
- Feedback on activities undertaken at local level.
- Contribute to the ideas and feedback to the Wellbeing Champions Network.

Links and information

Wellbeing website: <http://www.staffnet.manchester.ac.uk/wellbeing/>

Wellbeing Blog <https://wellbeinguom.com/>

Twitter [@UOMPeople](https://twitter.com/UOMPeople) and [@WellbeingUOM](https://twitter.com/WellbeingUOM)

[Yammer](#)

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