



## What are Workplace Health Champions?

Workplace Health Champions are members of staff from your organisation who promote health and wellbeing. They work closely with management, HR and employees to develop health and wellbeing initiatives utilising staff skills, interests and passions.

The Workplace Health Champion is a voluntary role, and it's suitable for people who are approachable, helpful, and interested in health and wellbeing.

## Why are the roles important?

It's important to support your staff to be healthy and well. Workplace Health Champions can motivate and inspire their colleagues, expanding their knowledge of how they can improve the organisation and be aware of the available support.

By creating these roles, you can foster a culture of support and flexibility, make healthy adaptations to the workplace and deliver on-site wellbeing activities. These all help to encourage the workforce to take positive steps for healthy living.



Email [ENShub@Barnsley.gov.uk](mailto:ENShub@Barnsley.gov.uk) to find out more.

## What does a Workplace Health Champion do?

- Spot areas of improvement in the physical workspace and engage with line managers to develop solutions.
- Engage external speakers and organise workshops and talks for staff.
- Promote national health and wellbeing events, such as displaying posters and handing out leaflets for health campaigns like Stoptober and Stress Awareness Day.
- Promote healthy activities within the work environment like walking or running groups and stair challenges. Also, wellbeing activities including reading, cooking, baking, arts and crafts.
- Support managers and HR to participate in and promote health and wellbeing activities within the workplace.
- Encourage staff to take up health and wellbeing opportunities in the workplace and be the point of contact in the team for colleagues who want to find out more.

## Training and support

Champions will attend a half-day training course offered by Barnsley Council. This training is accessible to all employees regardless of their qualifications and skills.

The training will cover the background to health and behaviour change, provide expectations of the role, and conclude with action planning to take the work forward.

## How much time does the Workplace Health Champion role require?

Employers should allow paid time for Workplace Health Champions to:

- take part in the training course (half-day)
- attend meetings with management staff to develop and plan ideas for the workplace
- support and run activities
- come along to local network meetings (every six months) with other businesses where ideas can be shared, and learning can be taken forward.



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