

Improving wellbeing by volunteering

The health activist

The Livewell service offers a range of volunteer activities. This document gives information about Livewell activists.



Purpose: Livewell activists will play an important role of health promotion

Who may apply? Anyone with an interest in health promotion. This might be Livewell clients or non-Livewell clients. We particularly welcome people who can communicate in different languages.

Skills and knowledge required:

- Keen interest to play a role in health promotion
- A commitment to help others
- A basic knowledge of the Livewell service
- A basic knowledge of health inequalities
- An understanding of the challenges of maintaining a healthy lifestyle
- An ability to maintain confidentiality, data protection and health and safety

Training and support will be provided.

Activities will be discussed and agreed on an individual basis and might include:

- Promoting the health message within local communities
- Spreading the word about Livewell
- Encouraging people to get involved
- Empowering and motivating others
- Being a health ambassador within local community settings
- Being an advocate for Livewell
- Supporting at Livewell roadshows/events
- Supporting with communication if different languages are used.

To find out more contact Sue Williams, Livewell Community Development and Health Promotion Officer at sue.williams3@derby.gov.uk or phone/text 07812302025 .