

Wellbeing Ambassadors

Are you passionate about Trinity's wellbeing?

Do you want to promote activities, encourage your peers to access relevant health and wellbeing opportunities, and provide mental wellbeing support?

Become a Wellbeing Ambassadors!

1. Take a look at the job description to find out more about the role itself and whether it's right for you.

2. Speak to your Year Progress Leader or Family Group Leader to make them aware of your interest and get their support.

3. Register your interest via the Weduc app by 18/05/20.

You'll be asked a few simple questions about yourself and why you'd like to volunteer.

We'll then review all requests. We will invite an external organisation in to Trinity to train up volunteers in accordance with our requirements.



Wellbeing Ambassadors

Open to year 9s only

Deadline for applications 18.5.20

Find application and video on

Wedduc

Summary of the Wellbeing Ambassadors Role:

To support the Trinity's Wellbeing Strategy by promoting activities in the schools community, encouraging peers to access relevant health and wellbeing opportunities, providing mental wellbeing support to peers, collating activity data and sharing best practice including stories of success.

You will provide physical wellbeing support to peers, e.g. through sharing healthy eating resources or information on how to improve physical activity/sleep hygiene.

You will support people to spot the symptoms of mental health issues, offer initial help and guide people towards support. It's not about becoming an expert in any of these areas but understanding what you can do to support their physical and mental health.

The following will be expected of Ambassadors:

Work area engagement Ambassadors will be expected to promote health campaigns through poster displays, emailing peers, giving out leaflets and updating peers at meetings they attend and team meetings (e.g. World Mental Health Day, Healthy Eating Week, and National No Smoking Day). Ambassadors may organise activities, e.g. a lunch time walk/runs, book club or hobby group. They will lead assemblies and whole school wellbeing weeks.

Ambassadors will be able to signpost peers to relevant services. They will provide information to peers about the Wellbeing Strategy.

What you will gain from the role

Trinity is committed to the development of our Ambassadors

They will be provided with training on the following:

- A wide range of transferable skills in listening, communicating and relating to others
- An understanding of mental and physical health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental distress
- Understanding of holistic approaches to health and wellbeing
- Knowledge in topics that you are interested in like nutrition, exercise, sleep, mental wellbeing etc
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support – whether that's self-help resources, services provided locally through the company, the NHS or a mix.
- A greater ability to manage your time, set boundaries, and care for yourself
- Friendship and support within the team

