

# VCSE Leaders' Wellbeing Hub Programme Guide

## Wellbeing Champions Programme

This programme is for frontline workers across a range of voluntary organisations who are interested in personal development, and will support learners to lead and drive forward a variety of wellbeing initiatives to nurture the growth of your wider workplace wellbeing.

The programme will enable you to learn new skills, share your existing expertise and experience and give you resources to develop longer term with your organisation, allowing the development of a self-sustaining wellbeing network across the voluntary, community and social enterprise (VCSE) sector.

All sessions will be held online and colleagues should have the support of their organisation leads to attend.



### 1. Co-creation day

Friday 3 December 2021 9.30am – 12.30pm

Starting with a semi-blank canvas, the first session will be a facilitated workshop to co-create a wellbeing champion programme. It will support organisations to come together and explore, plan and envision priorities, and explore the role and limitations of a 'wellbeing champion' model to enable an effective programme.

### 2. Becoming a wellbeing champion

Tuesday 11 January 2022 1pm – 4pm

This session will be a discovery day - exploring the skills, motivations and goals needed for the champion role and help you discover your skills, assets and motivations to enhance workplace wellbeing. It will introduce putting the role into practice and looking at what that entails.

### **3. Understanding wellbeing needs, signs and symptoms**

Wednesday 16 February 2022 9.30am – 12.30pm

This session will explore mental health awareness and considering people's thoughts and feelings on 'wellbeing' and how to 'champion'. It will also look at anti-stigma practice, diverse stories and unconscious bias. The session will include sharing information and signposting to wellbeing services.

### **4. Creating a culture of wellbeing for organisations**

Tuesday 15 March 2022 1pm – 4pm

Looking at creative engagement and approaches with people at all levels, this session will explore simple and effective ways to enhance wellbeing and help people engage. Focusing on inspirational and effective approaches, using the skills and ideas of the group to find the right fit in your organisation, we will explore ways to understand and respond to resistance in your role.

### **5. Wellbeing strategies for wellbeing champions**

Tuesday 26 April 2022 9.30am – 12.30pm

This session will explore keeping participants well in their role and identifying potential challenges, while supporting you to recognise and respond to your own wellbeing needs. It will include strategies for managing personal wellbeing and setting boundaries.

### **6. Taking wellbeing forward**

Wednesday 18 May 2022 1pm – 4pm

The last session will look at how to deal with setbacks, change and uncertainty ensuring sustainability of the wellbeing champion role. It will also celebrate your achievements throughout this programme and showcase your visions for the future.



To follow on from the sessions, peer facilitation will be delivered to support the development and facilitation of a Wellbeing Champions Network. These will be held between one and three months after the end of the programme, with a view to being facilitated quarterly by champions from then on.

# Mental Health First Aid Champions online programme

If you are taking part in the Wellbeing Champions programme, we are also offering you the opportunity to complete the Mental Health First Aid Champions online course, delivered by Mental Health First Aid England. This involves attending two online sessions and once the course is completed, you will receive a Mental Health First Aid manual, a reference card for the Mental Health First Aid action plan and a workbook including a helpful toolkit to support your own mental health.

You can either attend Course 1 or 2 but must be taking part in the Wellbeing Champions programme.



## Course 1

Monday 28 February 2022 and Thursday 3 March 2022

12.30pm – 4.30pm

## Course 2

Monday 7 March 2022 and Thursday 10 March 2022

12.30pm – 4.30pm

## How to apply

To apply for the Wellbeing Champions programme, [complete this form](#)

The deadline for applications is **Friday 17 December 2021 5pm.**

For any queries please contact [Victoria.russell@communityfirstyorkshire.org.uk](mailto:Victoria.russell@communityfirstyorkshire.org.uk)

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