

H4All Wellbeing Coach Volunteer

About us

H4All is working to advance the health and wellbeing of residents in the London Borough of Hillingdon. This is done through our Community Champions programme, which is an initiative made up of organisations and local volunteers who promote positive wellbeing messaging and share healthcare information.

Who are we looking for?

We are looking for committed volunteers who want to combine their passion for coaching and public health. As a Wellbeing Coach Volunteer, you'll be supporting a community-led programme by working with clients with Type 2 diabetes to help them set goals.

This is a meaningful opportunity to reduce health and inequalities in Hillingdon, while gaining hands-on experience and benefiting from free training and support.

Key responsibilities

- Attend sessions with a client (30 minutes) over a period of 3 months
- Setting goals, developing an action plan and supporting clients to achieve goals
- Be able to listen non-judgmentally and communicate effectively
- Signposting clients to relevant organisations, activities and support
- Give regular updates to the Health and Wellbeing Programme Officer

Benefits for you

- Free, specialised training and mentoring provided, enhancing personal and professional skills
- Hands-on experience in wellbeing coaching
- Networking opportunities with healthcare professionals, community organisations and other volunteers
- A chance to make a meaningful difference in people's lives

Training and support given

Mandatory training:

- Online Safeguarding courses
- NHS blood pressure testing
- Diabetes messaging
- Wellbeing Coach training (ongoing)

Throughout your time volunteering with us, there will be additional online and in-person training that will be offered (depending on interest and projects we are running)

Expenses:

We can provide expenses for travel and parking at events or training

Skills and attributes required

- Ability to speak Punjabi
- Friendly, supportive and non-judgmental attitude
- Effective communicator and active listener
- Respectful of confidentiality and procedures
- Reliable and committed
- Empathetic and understanding of others' cultures, beliefs and backgrounds

Desirable:

- Previous qualifications or experience in Coaching would be highly beneficial but is not needed

Commitment required

- Full induction and mandatory online courses, as well as blood pressure checks training before starting your volunteering
- Attend relevant training when offered
- We ask for a commitment of 6 months due to the free training given and individual support/development offered to our volunteers. In addition, you will be supporting clients on a one-on-one basis and will build a working relationship
- You will be working with a client over a period of 3 months and meet them at Townfield Doctors Surgery for 3x 30-minute sessions to track their progress

Reporting to

Health and Wellbeing Programme Officer

Documents required

- Within the H4All application form, you will be asked for 2 references who have known you for at least a year. They can be from a professional, a friend, a support worker etc. You can not use relatives as a reference
- A basic DBS check is required for public-facing roles

To apply for this role

A H4All application form must be completed.

To obtain an application form:

- Visit www.h4all.org.uk and download or print an application form.
- Email volunteerhub@h4all.org.uk to request an application form to be sent to you by email or post.

Send your fully completed application form by:

- Email to volunteerhub@h4all.org.uk

OR

- Post to H4All, Volunteer Development Team, Key House, 106 High Street, Yiewsley, UB7 9BQ

Telephone: 01895-676-111

Website: [volunteering | Community Care Services | H4ALL](#)