

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. You'll be required to volunteer on Tuesday and Wednesday mornings.

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 fortnightly sessions with two clients (30 minutes) over a period of 5 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 health 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 course and Trauma-Informed Practice course
- Diabetes messaging
- Health Coach training (ongoing)

Expenses:

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

Skills and attributes required:

- Ability to speak English and 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.
- You must be aged 18 and over to carry out this role.

Desirable:

- Previous qualifications or experience in coaching would be highly beneficial but are not needed.

Commitment required:

- Full induction and Mandatory online courses, as well Health Coaching training before starting your volunteering.
- Attend relevant training when offered.
- We ask for a commitment of 6 months due to free training and individual support/development offered to our volunteers. In addition, you will be supporting clients on a one-on-one basis.
- You'll be working with two clients twice a month for 5 months and meet them at a community venue in Hayes to track their progress. You'll be allocated Tuesday or Wednesday mornings.

Reporting to:

Health and Wellbeing Programme Officer

Documents required:

- In your 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.
- A basic DBS check is required for client-facing roles, carried out by H4All.

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 | Volunteering Hub | H4ALL](#)