

About the job



The job is called **Healthier Me Champion**



You will be helping to make Pembrokeshire and Ceredigion a healthier place for people with a learning disability to live in.



You will be speaking to people in the local area and in Mencap services about health and wellbeing.



You will be managed and supported in the role by Jennifer Barfoot.

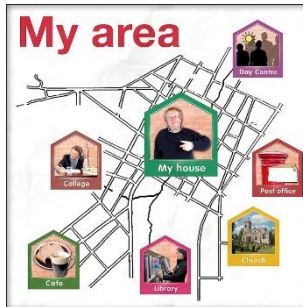


The job will be based across Pembrokeshire and Ceredigion.



This is a part time job for 16 hours per month.

We will pay £12.20 per hour.



You will live in Pembrokeshire or Ceredigion.

You will travel to meetings around the area and sometimes work at home.

What will the Healthier Me Champion do?



You will work with lots of different people in the local community and at Mencap.

You will build good relationships with people.



You will help to make the local area more accessible for people with a learning disability.



You will listen to Mencap teams, local organisations and people with a learning disability to find out:

- What is important to them.
- The difficulties they face around health.



You will help your manager to run meetings and events. You will help to collect feedback.



You will have a creative, 'can do' attitude.



You will travel to different places in the area.



You will tell people about why it is important to include people with a learning disability in the community.



You will need to be able to travel to different places.

This could be with your manager, using public transport, driving or getting a lift from family and friends.

Other important information

Meetings and events can be on different days and times.



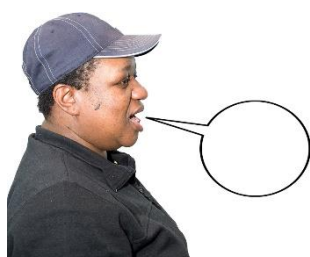
Some of the work will be at set times and some will be during flexible times.



You should have a good understanding of the local area.



You will be willing to learn how to use IT and social media. You will be able to use a smartphone, laptop or tablet.



You should be confident to talk to new people and build relationships with individuals and organisations.

You will always be friendly and helpful.



If you are asked to come for an interview, you will need to bring your ID documents with you. This will include:

- A passport or your birth certificate
- National Insurance number

Ways you can apply



You can apply on our website using the 'Apply' button



If you would like to apply by sending a video explaining why you want to do this job, please contact Seun Ajiboye by email:
seun.ajiboye@mencap.org.uk



If you have any questions, or would like support with applying, please get in touch with Jennifer by emailing: jennifer.barfoot@mencap.org.uk or calling: 07484067718. If there is no answer, Jennifer will call you back when she is in work.



This advert will close on 27th October 2025.

Interviews will be on the 6th or 7th of November.

Mencap's Values and how they apply to this role

<p>We are Passionate about making the world a better place</p>	<p>You will be passionate about helping the community.</p>
<p>We are Inclusive of everyone</p>	<p>You will be inclusive by working with different people and listening to everyone.</p>
<p>We are BRAVE we challenge and try new things</p>	<p>You will be brave to meet new people and support their ideas.</p>
<p>We are Positive in our work and with each other</p>	<p>You will be positive in how you work with other people.</p>
<p>We are Kind to everyone</p>	<p>You will be kind to everyone you work with.</p>