

The logo for 'Healthier me' is located in the top right corner. It consists of the words 'Healthier' and 'me' in white, lowercase letters, with 'me' inside a pink speech bubble. To the right of the speech bubble are three colorful lines (blue, green, and orange) radiating outwards.

Healthier me

# Healthier Me Champion

## About the job

The Healthier Me Champion will be part of our exciting new Healthier Me program at Mencap.

The Healthier Me program wants to improve health and wellbeing for and with people with a learning disability.

As a Healthier Me Champion you will work in your local area with your manager, the Healthier Me Coach. You might be asked to do some work at home.

This is a job opportunity for a person with a learning disability.

This job is for a minimum of 4 hours per month with extra hours paid when needed.

This job pays £12.21 per hour.

## What will you do

- Encourage people with a learning disability to be healthier.
- Work towards your own health goal and share your journey.
- Help people with a learning disability and their support staff understand more about eating healthy food, being active, and their mental health
- Help local groups to be more accessible for people with a learning disability.
- Meet people and talk about Healthier Me work.
- Help your manager **Emma** - the Healthier Me Coach - to run training sessions and meetings.
- Join online meetings with other Healthier Me Champions around the UK to share your ideas and experiences and listen to others.
- Be Positive, Kind, Inclusive, Brave and Passionate in everything you do.
- And more!

Your work will make important changes for the good - making the community a better place for everyone.

## We are looking for someone who:

Points with an **M** next to them are a **Must have**.

Points with a **G** next to them are **Good to have**.

- Can work flexible hours on different days and times. **M**
- Can travel independently or get lifts to different places for work. **M**
- Is willing to try and learn new things. **M**
- Is Positive, Kind, Inclusive, Brave and Passionate – these are Mencap’s values and they are very important to us. **M**
- Can use a computer **G**
- Has knowledge of the local area. **G**
- Is passionate about health and wellbeing. **G**
- Likes to meet new people. **G**
- Is a good listener. **G**

## More information about this role

Meetings and events can be on different days and times. We will always let you know when we need you to work so you can decide if the time/days suit you.

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

If you need any support to apply or have any questions, contact The **Healthier Me Coach Emma** by email [emma.harte@mencap.org.uk](mailto:emma.harte@mencap.org.uk) or on 079 99982929. If no answer on phone, text or leave a message and Emma will contact you when she is at work 😊

## How to apply

Please click on the **APPLY** button at the top of this page. You can then upload your CV and fill in your details.

If you would like to apply by video, or email, or if you need any support, contact **Emma** the Healthier Me Coach on [emma.harte@mencap.co.uk](mailto:emma.harte@mencap.co.uk) or text on 079 99982929.

## Mencap's values and how they apply to this role



We are **brave**  
we challenge and  
try new things

You will be brave enough to try new things and be a role model for people with a learning disability and their rights to live a happy, healthy life.



We are **inclusive**  
of everyone

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



We are **kind**  
to everyone

You will be kind and helpful to everyone.



We are **passionate**  
about making the  
world a better place

You will be passionate about making the world a better place and helping people with a learning disability live happier, healthier lives.



We are **positive**  
in our work and  
with each other

You will be positive in your work; and very enthusiastic about promoting health and wellbeing.

