

## Volunteer Opportunity

### Would you like to be a CVD Health Promoter in your community?

**About Us:** We're on a mission to support communities to improve their health by raising awareness about cardiovascular disease (CVD) and encouraging people to take advantage of free NHS Health Checks at our CVD clinics. We also provide support to help individuals make positive lifestyle choices for their health and wellbeing.

**What is CVD?** CVD refers to conditions affecting the heart or blood vessels. Coronary heart disease, for example, happens when the flow of oxygen-rich blood to the heart muscle is blocked or reduced.

**Your Role:** As a Volunteer CVD Health Promoter, you'll be supporting your community to make healthy and informed lifestyle changes. You will have access to and be able to share valuable information about CVD services and other helpful resources. You will receive full training and ongoing support in your role.

#### How you will help:

- Encourage and support your community to improve their health and wellbeing.
- Focus on improving the health of people in West Berkshire, especially in areas with identified health inequalities.
- Empower people to eat healthily, stay active, and boost their emotional well-being.
- Signpost people to specialist services like weight management, stop-smoking support, local walking groups, financial advice agencies, housing services, and more.

#### Are you:

- Passionate about health and wellbeing in your community?
- Willing to learn new skills?
- A positive, outgoing personality that can engage with people?
- A good listener?
- Sensitive and able to relate to a diverse range of people in a non-judgmental way?
- Happy to help people make a positive impact on their lives?
- Able to use your own initiative and work independently?

#### Benefits of Volunteering:

- Learn new skills and gain valuable work experience.
- Connect with others in your community and make new friends.
- Improve your own mental health and wellbeing.
- Improved confidence.
- Give something back to your community and make a difference.

#### Requirements:

- Must be 18 years or older.
- Complete necessary training.
- Keep brief ongoing records of your activities.
- This role requires a Disclosure and Barring Service (DBS) check due to potential contact with vulnerable adults.

**If this sounds like you, please contact Wendy Tafi**, Engagement and Service Manager, West Berkshire Community Wellness Outreach Service, by email at [wendy.tafi@solutions4health.co.uk](mailto:wendy.tafi@solutions4health.co.uk) or by phone at **0748 306 7455**.