



The Community Health Advisor

Through getting involved in LiveWell Sutton and Merton as a Community Health Advisor, you'll become more involved in making your community a healthier place to live and work. You will be responsible for supporting people in the community in making positive behaviour changes, and you will also be able to signpost residents of Sutton and Merton to activities, services and events available in the community.

You will receive training in motivational interviewing which will be delivered by an accredited MINT trainer. This training will enable you to conduct one-on-one consultations with individuals, where you will support and encourage them to set SMART goals to facilitate their behaviour change. Once certain courses are completed, there is the opportunity to receive payment for this role.

Your main duties will include:

- Conducting one-on-one consultations with individuals using the principles of motivational interviewing
- Helping and supporting individuals in setting and achieving specific health-related goals (specifically surrounding healthy eating, physical activity and managing alcohol consumption)
- Developing knowledge of services and contacts within the community
- Acting as a link between health professionals and communities
- Helping individuals to find activities and services that will support them in achieving their health-related goals
- Reaching out to people who are at risk of poor health
- Aiming to see 3-5 new clients each week (unless otherwise agreed)

Becoming a Health Advisor will provide you with the opportunity to network with other people in the community who take an active approach to promoting healthy living. You will be able to develop your communication skills and learn to interact with people from a diverse range of community groups and backgrounds.