



# Why Work as a... Community Health and Wellbeing Worker

A solution for your training needs and career progression

## ROLE OVERVIEW

The purpose of the occupation is to work in partnership with individuals and their communities to identify and address health and wellbeing needs, improve health, prevent ill-health and reduce inequalities. To do this, they need to:

- address the causes of poor health and wellbeing in the broadest sense (causes of the causes)
- work with individuals, groups and communities to identify what matters to them, building on their strengths to improve health and wellbeing

## KEY POINTS

- **Level:** 3
- **Duration:** 12 months + End Point Assessment
- **Entry requirements:** You may be required to undertake training in maths and English. See [HERE](#) for more information
- **Career progression:** Options include moving into health practitioner or health professional roles

## KNOWLEDGE REQUIREMENTS



- The wider social determinants of health and their impact on the physical, mental and emotional wellbeing of individuals, families and communities
- Health inequalities and how these impact on physical, mental, and emotional health and wellbeing
- The concepts and theories underpinning a strengths or asset-based approach
- How to map services and other resources available to a community by taking a strengths or asset-based approach while also recognising gaps in provision
- How to build a rapport with people and groups to elicit information about their health and wellbeing concerns, and to offer further information to them

## SKILL REQUIREMENTS



- Assist individuals, groups and communities to recognise their needs, what is important to them, and their strengths in relation to their health and wellbeing
- Work with people and communities so that they continue to make changes and solve problems on their own
- Identify where different organisations collaborate successfully or interface seamlessly and build on these strengths to extend provision
- Recognise when someone is in distress or crisis and how to ensure that the right support is available for them at the point of need
- Communicate complex public health messages to people in a way that is relevant and meaningful to them

## BEHAVIOUR REQUIREMENTS



- Acts with honesty and integrity
- Respectful of others
- Non-judgemental regarding others' circumstances or decisions
- Shows compassion and empathy
- Takes responsibility for own actions
- Seeks to collaborate (with individuals, communities and organisations) across sectoral, organisational and cultural boundaries

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