



London Borough of Hounslow

Our current volunteer roles available

Role	Information	Time commitment	Location
1. Mystery shopper	Help assess standards within our services, this may involve making phone calls, writing letters and making visits. You will record your experiences on feedback forms provided. Full training will be given.	Between 6 – 20 hours over an annual period of several weeks.	Throughout Hounslow.
2. User representatives for disability, long term conditions and unpaid carers.	Opportunities range from attending regular user group meetings, being a user representative on formal planning groups or commenting on plans, strategies and documents.	User groups tend to meet every two months, some in the day, and others in the evening. – Anything from a few hours reading and providing feedback at home to a couple of hours each month depending on what level of involvement you choose.	
3. Health trainers	This role requires attendance at a four day accredited training programme. You will be promoting a healthy lifestyle - encouraging healthy eating, regular physical activity and good mental health and well being. You will be fully supported by the public health team	Varies – at least once a fortnight, but depends on how involved you wish to become.	At venues across the borough

	and NHS Hounslow. You may help out at Healthy Lifestyle roadshows and also to work within your own community group, starting new health related sessions/projects with the help of the Public Health Team.		
4. Health Walk Leaders	We are establishing a number of volunteer led health walks in the borough as part of the national walking for health initiative. If you are already active and are interested in finding out more about becoming a walk leader please contact us. The national walking for health initiative is coordinated by Natural England, the British Heart Foundation and other partners. It aims to help improve the health of people who do little physical activity through the promotion of regular walking. For information on the initiative and other schemes around the country please visit the Walking the way to health website: www.whi.org.uk	At least once a month	Throughout the borough

You could also join **Hounslow LINK**

LINK is an initiative by the Department of Health to give local people a stronger voice in how their health and social care services are planned and delivered. The role of the LINK is to find out people's views and concerns and influence decision making

There are lots of ways you can become involved in the Hounslow LINK depending on interest and availability. This includes:

- Being involved in the running of the LINK
- Proposing health and social care issues for the LINK to explore
- Participating in small groups looking into a specific issue or concern
- Taking part in consultations, surveys or research
- Accessing information about health and social care services
- Joining the mailing list to be kept informed of what the LINK is up to

For further information on Hounslow LINK, including details on how to get involved

- Call 0845 094 9497 (local rate),
- Email hounslowlink@hapuk.co.uk or
- Visit www.hounslowlink.org.uk
- Or write to: Hounslow LINK, PO Box 3409, Melksham, Wiltshire SN12 7WS.