

Your Health Your Way



Volunteer Opportunities at Your Health Your Way

We have a **brand-new virtual volunteering** opportunity to get involved with! Some of the volunteer's key responsibilities will be:


- The ability to support virtually across the organisational footprint
- Support service delivery (groups and 1 to 1) – this could include exercise, nutrition, smoking and alcohol, goal setting and reviews
- Contribute to social media and website content
- Contribute to the development of curriculum resources


Full Job description and application form are attached. Applications to be sent to Jess Slater (Integrated Behaviour Coordinator) at


jslater@ablhealth.co.uk.



Your Health Your Way- the Integrated Wellbeing Service for Nottinghamshire, offer a free service in weight management for adults, maternity, and children (above the age of 4); stop smoking support; physical activity support and brief alcohol intervention. During the current climate, we are offering support digitally and over the phone, but we aim to be back to face to face delivery as soon as we can.

 Your Health Your Way Notts

 @yhywnotts

 @yhywnotts

Keep an eye out on our social media pages for what we have planned for January! We want to help you kick start 2021 right so we'll be taking things back to basics with food and fitness, helping you to make the right decisions to improve your health and wellbeing. Give us a follow!