

About the job



The job is called **Healthier Me Champion**



The job is helping to make Sutton, Merton and Kingston a healthier place for people with a learning disability to live in.



The job involves speaking to people in the local area and in Mencap services about health and wellbeing.



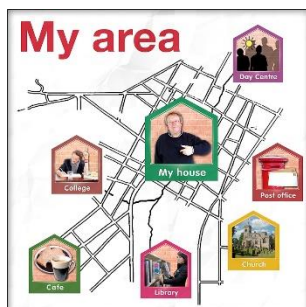
The Healthier Me Champions will be managed and supported by Rachel Tam.



The job is based across Sutton, Merton and Kingston.



This is a part time job for 16 hours per month.
We will pay £12.71 per hour.



You must live in Sutton, Merton or Kingston.
You will be travel to meetings around the area
and sometimes work at home.

What will the Healthier Me Champion do?



Work with lots of different people in the local
community and at Mencap.

You will build good relationships with people.



Inspire people with learning disability to be
healthy and active.



Listen to Mencap teams, local organisations and
people with a learning disability to find out:

- What is important to them.
- The difficulties they face around health.



Help the Healthier Me Coach to run meetings and events and help to collect feedback.



Have a positive attitude.



Travel to different places in the area for work.



Tell people about why it is important to include people with a learning disability in the community.



You will need to be able to travel to different places.

This could be using public transport, driving or getting a lift from family and friends.

Other important information



Working hours might be on different days and times.



You should have a good understanding of the local area.



You should be willing to learn how to use a smartphone, laptop or tablet.



You should be confident to talk to new people and build relationships with individuals and organisations.

You will always be friendly and helpful.



If you are asked to come for an interview, you will need to bring your ID documents with you. This will include:

- A passport or your birth certificate
- National Insurance number

Are you interested in being a Healthier Me Champion?

Ways you can apply



You can apply on our website using the 'Apply' button



If you would like to apply by sending a video explaining why you want to do this job, please contact Alesha Hill by email:
alesha.hill@mencap.org.uk



If you have any questions, or would like support with applying, please get in touch with Rachel Tam by

email: rachel.tam@mencap.org.uk or

calling: 07483692434.



This advert will close on 5 Aug 2026.

Interviews will be in the week of 10 Aug 2026 - change as required.

Mencap's Values and how they apply to this role

We are Passionate about making the world a better place	You will be passionate about helping the community.
We are Inclusive of everyone	You will be inclusive by working with different people and listening to everyone.
We are BRAVE we challenge and try new things	You will be brave to meet new people and support their ideas.
We are Positive in our work and with each other	You will be positive in how you work with other people.
We are Kind to everyone	You will be kind to everyone you work with.