

Become a Community Health Champion

**Your health,
Your community**

Information pack



Could you be a Health Champion?







Do you want to...

- Learn more about your own health and wellbeing?
- Improve your knowledge of local amenities and community support?
- Gain new skills and experiences?
- Support your local community?
- Meet new people?
- Support the NHS?

If the answer is “yes”, then you could be a Community Health Champion!



What's in it for you?

-  A qualification in Level 2 Understanding Health Improvement
-  Gain new skills, knowledge and experience attractive to employers
-  Volunteering experience
-  Make new friends and networks
-  Give back to your friends, family, neighbours and community
-  Opportunity to improve your confidence and wellbeing

What is a Community Health Champion?

Health Champions are local people who care about the health of their community and want to give time to help improve it through volunteering and running activities. They promote healthy lifestyles by inspiring others to take a more active role in their health.

What does it involve?

Training

- An accredited course on health, communication and behaviour change that runs on Monday and Wednesday mornings for 7 weeks
- Level 2 qualification in Understanding Health Improvement

Volunteering

We ask every Health Champion to commit to 3 sessions of volunteering in the community. This could involve advising people about the local activities or setting up event and groups promoting healthy lifestyles

Running 4 times a year. Start dates in September, October, February and May

When: Every Monday and Wednesday

Where: St Paul's Way Medical Centre

Time: 10.00am – 13.30pm

Let us know if you have any additional needs and we will see how we can help

Interested?

If you are interested in becoming a Community Health Champion you can speak to Alison Crompton or Rashpal Panesar-Gipson who are the Community Health Co-ordinators. They can tell you all about the project and answer any questions that you might have.

You can contact them on:



Phone:

07538 188 623



Email:

healthchampions@bbbc.org.uk

Or ask at St Paul's Way Medical Centre reception

