



# COMMUNITY *health* CHAMPIONS CONTENT

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BE INSPIRED

## ARE YOU LOOKING FOR AN OPPORTUNITY TO:

- \* Help and support people in your local community, inspiring them to become healthier and happier
- \* Learn new skills/knowledge
- \* Improve your own Health, Wellbeing and Happiness
- \* Make York a better place to Live

THEN KEEP READING...!

## ABOUT COMMUNITY HEALTH CHAMPIONS

Community Health Champions are people who, with training and support, voluntarily offer their skills and passion and make use of their community links to transform Health and Wellbeing in their neighbourhood.

## WHY ARE COMMUNITY HEALTH CHAMPIONS IMPORTANT?

The Community Health Champions model is proving to be an effective way of reaching people and is making a real difference within communities. Champions are also influencing and shaping local services, increasing public participation, initiating community development opportunities whilst gaining new skills and knowledge.

## WHAT DO COMMUNITY HEALTH CHAMPIONS DO?

Within their **families, communities** and **workplaces** they **empower** and **motivate** people to get involved in healthy social activities; create new activities to meet local needs; and signpost people to relevant community activities, and support.

BE TOGETHER

## WHAT WILL COMMUNITY HEALTH CHAMPIONS HELP INDIVIDUALS AND COMMUNITIES TO ACHIEVE?



### Helping people improve their lifestyle behaviour through:

- More Physical activity
- Reducing Alcohol
- Helping people to stop Smoking
- Maintaining a healthy weight
- More healthy eating



### Helping people improve their Mental Wellbeing through:

- Reducing Anxiety
- Reducing Depression
- Greater confidence
- Greater happiness



### Helping people improve their social outcomes through:

- Reducing social isolation
- Reducing loneliness
- Greater social connections and networks

## WHO CAN BE A HEALTH CHAMPION? IN SHORT ANYONE

### But we are looking for people who are:

- \* **Passionate about helping other people - particularly those in their own community**
- \* Good at listening and communicating
- \* Willing to learn new skills and knowledge related to Health Improvement
- \* Well connected in their local community
- \* Able to empathise
- \* Able to inspire people around them

**BE ACTIVE**

## GEOGRAPHICAL AREAS OF FOCUS

Whilst Community Health Champions is a City wide initiative, we recognise that the Health and Wellbeing outcomes of certain communities within York fall short of that enjoyed by others. For that reason there will be a greater emphasis on recruiting and deploying Community Health Champions in the following areas of the City:



**BE SUPPORTED**

## WHAT WILL BE EXPECTED OF HEALTH CHAMPIONS ONCE TRAINED?

Following the training, Health Champions will be provided with opportunities to engage with individuals and their community.

### EXAMPLES INCLUDE:

- \* Helping to promote current health campaigns
- \* Engaging with people to have health 'chats' and supporting people to improve their Health and Wellbeing
- \* Develop new activities based on community need
- \* Help organise and run events

## HOW MANY HOURS DO HEALTH CHAMPIONS HAVE TO VOLUNTEER FOR?

Rather than specify the number of hours Health Champions must volunteer for, we will instead be looking for Health Champions to support a minimum number of beneficiaries within their community.

The number of beneficiaries will be dependent on what each Health Champion is able to commit to.



**BE INVOLVED**

## WHAT SUPPORT WILL COMMUNITY HEALTH CHAMPIONS BE GIVEN?

This will include some key themes to equip Health Champions with knowledge on:

- \* Healthy eating
- \* Physical activity
- \* Mental wellbeing including dementia
- \* Behaviour change
- \* Starting health conversations/chats
- \* Smoking
- \* Alcohol



## MENTORING AND ON-GOING SUPPORT

Following the training Health Champions will be assigned to a mentor who will be on hand to support and guide them through being a Health Champion. We will hold regular meetings between Community Health Champions to share experiences and to develop a community of learning between the groups.

**BE MOTIVATED**

