COMMUNITY HEALTH CHAMPIONS-MAKING A DIFFERENCE

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• Altogether Better have developed an award winning, evidenced based approach to engaging communities – Community Health Champions

• Our ambition is to unlock the potential within communities to improve health and wellbeing

• Effective in reaching people in communities with the worst health inequalities

• We do this by empowering communities to improve their own health and the health of others
So what is a CHC?

“Community Health Champions are people who voluntarily bring their life experience and their ability to relate to people to promote health in different communities.”
Models of Good Practice

• Map slide

ALTOGETHER BETTER YORK
BRADFORD SENIORS SHOW THE WAY
CALDERDALE COMMUNITY HEALTH CHAMPIONS
DONCASTER BETTER WORKPLACE: BETTER MENTAL HEALTH PROJECT
EAST RIDING COASTAL HEALTH IMPROVEMENT PROGRAMME
HEALTHWISE HULL
KIRKLEES BUILDING NEIGHBOURHOOD CAPACITY FOR HEALTH
LEEDS FRESH ‘N’ FRUITY

OLDER & ACTIVE IN LEEDS
YORKSHIRE AND HUMBER REGIONAL MENTAL HEALTH FIRST AID
NORTH EAST & NORTH Lincs LEADING THE WAY TO ACTIVE LIVES
NORTH YORKSHIRE HEALTHY COASTAL COMMUNITIES
ONE BARNSLEY
ROTHERHAM MIND YOUR OWN BUSINESS
SHEFFIELD COMMUNITY HEALTH CHAMPIONS NETWORK
WAKEFIELD HEALTH MEANS BUSINESS

CHAMPIONS in numbers...

DIRECT BENEFICIARIES
INDIRECT BENEFICIARIES
18,000+
120,000

3/1/2013
What's special about Altogether Better?

• Gives a VOICE to CHCs – a national platform to tell their stories
• Strength in numbers – creating a network
• Building and sharing the evidence base and new models
• Connecting service providers, commissioner, policy makers, decisions makers with people in communities
COMMUNITY HEALTH CHAMPIONS

Recruit

Train

Support

Engage

Support

Holistic health messages to inform choices

99 Community Health Champions

Influence

Promote

10 people e.g. family, friends, wider community

Over 3,000 people engaged in some form with a CHC
COMMUNITY HEALTH CHAMPION MODEL

Promotion
- Literature (leaflets, banners)
- Local events
- Voluntary sector
- Influential community leads
- Frontline staff

Referrals
- HIS (CHTs)
- Parish organisations
- Self referral
- Voluntary sector
- Existing CHCs

Informal meeting

Evaluation

Pathways/sustaining the CHC role
- Integrating in other areas of work (skills)
- Building a CHC network (sharing)
- Access to other resources/local information
- Local influences, asset building, decision making, building social capital

Potential CHCs are asked to consider:
- Aims & goals (short and long term)
- Level of involvement (family or wider community)

CHC role:
- Promote healthy messages (prevention)
- 1:1 support (Buddy)
- Publicize local activities/raise awareness
- Supporting access to services & advice
- Planning/delivery of community activities

Induction:
- The role (influence, engage, support)
- Professional support available
- Opportunities to learn, build skills
- Expectations (values/behaviour)
- CRB/Induction criteria

Training & development
- Provision of an expansive list of training, development and brief interventions to enable CHCs to build health knowledge, understanding & transferable skills

Project:
- Baseline
- Interviews
- Activity
- Self reporting
- Case studies

Independent:
- CLES
- YNPHO
- University (evidence based)
- DMSS

Evaluation:

COME DINE WITH ME: A CASE STUDY

A 32 year old CHC from Central Halifax initially wanted to encourage her husband and daughter to be more active and to improve their eating habits by cooking and providing healthier food for her family. After embarking on a 3 week practical cooking and basic nutrition session she started making changes and passing on healthy recipe ideas to her friends and other parents culminating in the organisation of come dine with me taking place within their respective homes.

As a result and with her increase in physical activities e.g. regular walks, swimming and yoga she reported that she had lost weight and felt much fitter. This prompted her to encourage her husband and his friends who never took part in regular activity; to take up badminton on a Saturday morning culminating in a mini league, which continues today.

She has since achieved the Community Health Trainer qualification enabling her to continue promoting prevention activities within her community and is in a stronger position to increase her employability prospects.
**WHAT ARE CHAMPIONS SAYING?**

"I have noticed that my own health status have improved quite substantially, I now have feelings of self worth as a person and I no longer need medication to help me get by"

63 year old female CHC from Pellan area

"I feel more respected as a member of my community and the confidence I now have in my ability and the knowledge provided through the training I have received helped to achieve this"

34 year old female CHC from Central area

"I'm feeling much fitter than I previously was and it's been a real buzz getting other people to become active, it's a good way of getting people together"

50 year old male CHC from Park area

**WHAT ARE OTHER PEOPLE SAYING?**

"I used to stay at home, didn't go out at all until my CHC really helped me....she helped me a lot by organising walks in our community and encouraging me to learn to swim"

Neighbour of a CHC at risk from social isolation

"I think everybody needs a bit of encouragement in life ... the healthy eating course was a good way to kick start changes"

Attendee at a weekly support group

"CHCs are a huge inspiration, the way they have dedicated their time to come along to the workshops and supported our campaign to raise awareness about bowel cancer within their community; they are real assets"

Spokesperson for Yorkshire Cancer Network
THE FUTURE FOR COMMUNITY HEALTH CHAMPIONS

**SUSTAINING THE ROLE**

- CHCs influencing: involvement in shaping services, voice for local people, amongst the decision makers, helping to establish local health needs e.g. sitting on HW board, improving story telling capacity to speak at national events, conferences

**BUILDING CAPACITY**

- Exploration: CHCs position, skills and community links supporting work around wider health determinants e.g. welfare reform and specific groups e.g. older people (dementia)
  - prevention agenda/social model

**THE FUTURE FOR COMMUNITY HEALTH CHAMPIONS**

- CHCs linking into other areas of work within health & social care to build on existing skills as a means of sustaining the role and continuing to build capacity
  - Age UK, Community MH, Acute Trust, Neighbourhood schemes

**Building a local (and supporting a national CHC network; sharing resources, knowledge & skills, mentoring**

- Social networking Twitter/Face book to stay in touch about what’s happening locally

**COMMUNITY HEALTH CHAMPIONS**

To find out more about us visit our website: www.altogetherbetter.org.uk
http://twitter.com/altogatherbeter