

Registration of interest

Our organisation would be interested in the following programmes/taster sessions/training:

Cook It!/I Can Cook It!
Good Food Tool Kit
Food Values
Cycle Groups
Walking Groups
Take 5 Ways to Wellbeing/Gimme 5
Older People's Safety in the Home
Child Safety in the Home
Strength + Balance
Chi Me
On Your Feet
Chair based exercises
Hip Hop
Community Health Champion training

Name:

Organisation:

Contact number:

Email address:

Contact details

For more information about our programmes and services, contact the support worker for your area:

Armagh & Dungannon Team

✉ St Luke's Hospital, Armagh BT61 7NQ
☎ 028 3756 4487
📧 kathleen.ohare@southerntrust.hscni.net

Craigavon & Banbridge Team

✉ Brownlow Health Centre, Craigavon BT65 5BE
☎ 028 3756 3947
📧 sean.collins@southerntrust.hscni.net

Newry & Mourne Team

✉ John Mitchel Place Clinic, Newry BT34 2BU
☎ 028 3756 6296
📧 karen.mccombe@southerntrust.hscni.net

Community Health Improvement Officer

✉ Brownlow Health Centre, Craigavon BT65 5BE
☎ 028 3756 3952
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MAKING LIFE BETTER

Promoting Wellbeing Support Workers



Promoting wellbeing through
community healthy lifestyle and
awareness programmes.



What is the role of a Promoting Wellbeing Support Worker?

Support workers are based in the Promoting Wellbeing Division of the Southern HSC Trust.

Their role involves:

- Delivering health and wellbeing programmes within communities experiencing health inequalities.
- Signposting and supporting people to access programmes, training and services in support of health and wellbeing
- Providing support to Community Health Champions in accessing training and developing individual action plans
- Participating in community health fairs and events

Outcomes from our work



Healthy eating
Physical activity
Positive mental health
Capacity building



Social isolation/loneliness
Home accidents/falls
Limited life expectancy

What types of groups do we support?

- Small social activity groups
- Community groups in deprived areas
- Black and minority ethnic groups
- Self-help and peer support groups
- Condition specific groups
- Luncheon clubs
- Parent and toddler groups
- Men's Sheds
- 'Friends of' groups

Programmes we deliver

older people
nutrition
activity
wellbeing
physical
child health
home safety
cycling
walking

Community Health Champions



Support workers recruit local volunteers to train as Community Health Champions and provide them with ongoing support.

The role of the Community Health Champion is:

- ◆ Sharing key health messages
- ◆ Making contact with people living in the community
- ◆ Listening to people to find out their health needs
- ◆ Signposting and/or delivery of community health improvement initiatives, services and activities
- ◆ Giving feedback to local service providers
- ◆ Providing support for those who need additional help in accessing services (mentoring/buddying).
- ◆ Gently encouraging people to take up healthier lifestyles

