### **Registration of interest**

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

Cook It!/I Can Cook It!

G000 F000 1001 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	$\vdash$
Community Health Champion training	
, , ,	
Name:	
Name:	
Name:	_
Name:	
Name:  Organisation:	
Name:  Organisation:  Contact number:	_
Name:  Organisation:	_

### **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
- **2** 028 3756 4487
- \* kathleen.ohare@southerntrust.hscni.net

### Craigavon & Banbridge Team

- ☑ Brownlow Health Centre, Craigavon BT65 5BE
- **2** 028 3756 3947
- sean.collins@southerntrust.hscni.net

### Newry & Mourne Team

- ☑ John Mitchel Place Clinic, Newry BT34 2BU
- **2** 028 3756 6296
- \* karen.mccombe@southerntrust.hscni.net

### Community Health Improvement Officer

- ☑ Brownlow Health Centre, Craigavon BT65 5BE
- **2** 028 3756 3952
- 1 lisa.mcaliskey@southerntrust.hscni.net







# Promoting Wellbeing Support Workers



Promoting wellbeing through community healthy lifestyle and awareness programmes.

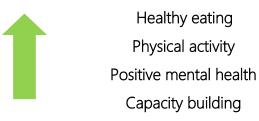
# What is the role of a Promoting Wellbeing Support Worker?

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**





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**



# **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

