

Keen to improve health in your local community?

Already volunteering?

Gain the knowledge and skills you need to make an impact - become a Community Health Champion!

Community Health Champions are volunteers “who bring their ability to relate to people and their own life experience to transform health and well-being in their communities”

(Altogether Better)

This can be through signposting to resources, encouraging healthier lifestyle choices or through tackling some of the wider social causes of poor health outcomes.

Why complete the training?

- Better understand what influences health in your community
- Increase your impact as a volunteer
- Help reduce inequalities in health
- Increase uptake of local health and wellbeing services
- Make a positive impact on individuals by sharing health messages and signposting
- Increase your own employability through training

Community Health Champion training programme

- Three 2 ½ hour sessions of practical, discussion-based training
- Develop your own action plan, with our support
- Report on an activity as a Community Health Champion
- SHSCT certification

Our support doesn't stop there. If you need 1-2-1 support, advice or further training, this will be available to all trained Community Health Champions to help you address health issues you identify in your local community.



HSC Southern Health and Social Care Trust

Quality Care - for you, with you

Community Health Champion Training

Find out more from Lisa McAliskey,
Community Health Improvement Officer

T. 02838 3756 3952

E. lisa.mcaliskey@southerntrust.hscni.net

