

Community Health Champions

We are building the Yorkshire and Humber region's capacity to empower individuals from target communities to carry out voluntary activities, ultimately to improve the health and wellbeing of those around them.

These individuals are our community health champions, all of whom will gain personally from involvement in the Altogether Better programme. Many of our champions receive formal training resulting in valuable qualifications, and we anticipate that all of our champions will benefit through seeing improvements in their own health and well-being as well as experiencing increased knowledge and confidence.

Supporting activities

Once recruited and having received training, Community Health Champions are supported to carry out voluntary activities within their own communities and businesses; this could range from leading a healthy eating session for their own local community to changing mental health related policies across the business.

Carried out in a broad variety of community and business settings, our projects are as diverse as the groups of people they target – but they all share a common purpose – to engage and empower the people at the heart of these communities to make a positive impact on those with whom they share their lives.



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Empowering

Influencing



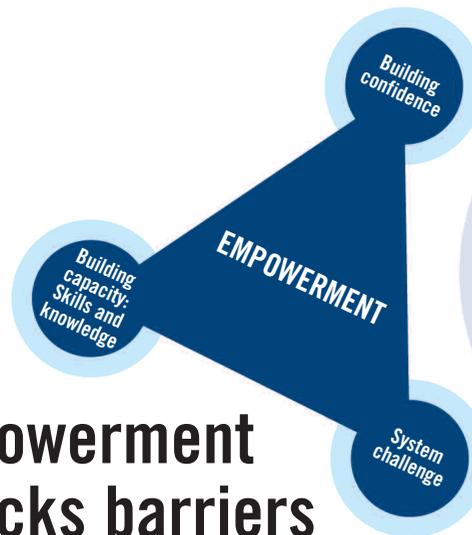
Learning

Reaching





- 1 ALTOGETHER BETTER YORK**
Delivered by NHS North Yorkshire and York
- 2 BRADFORD SENIORS SHOW THE WAY**
Delivered by NHS Bradford and Airedale
- 3 CALDERDALE COMMUNITY HEALTH EDUCATOR PROJECT**
Delivered by NHS Calderdale
- 4 DONCASTER BETTER WORKPLACE: BETTER MENTAL HEALTH PROJECT**
Delivered by NHS Doncaster
- 5 EAST RIDING COASTAL HEALTH IMPROVEMENT PROGRAMME**
Delivered by NHS East Riding of Yorkshire
- 6 HEALTHWISE HULL**
Delivered by NHS Hull and the Goodwin Development Trust
- 7 KIRKLEES BUILDING NEIGHBOURHOOD CAPACITY FOR HEALTH**
Delivered by Kirklees Borough Council
- 8 LEEDS FRESH 'N' FRUITY**
Delivered by Leeds City Council and Healthy Living Network Leeds
- 9 OLDER & ACTIVE IN LEEDS**
Delivered by Leeds City Council and Feel Good Factor
- 10 YORKSHIRE AND HUMBER REGIONAL MENTAL HEALTH FIRST AID**
Delivered by NHS Leeds and Community Links (A region-wide project)
- 11 NORTH EAST & NORTH Lincs LEADING THE WAY TO ACTIVE LIVES**
Delivered by North Lincolnshire Council (a region wide project)
- 12 NORTH YORKSHIRE HEALTHY COASTAL COMMUNITIES**
Delivered by NHS North Yorkshire and York
- 13 ONE BARNSELEY**
Delivered by NHS Barnsley and Barnsley Association of Community Partnerships
- 14 ROTHERHAM MIND YOUR OWN BUSINESS**
Delivered by NHS Rotherham
- 15 SHEFFIELD COMMUNITY HEALTH CHAMPIONS NETWORK**
Delivered by Sheffield City Council, NHS Sheffield and Sheffield Health and Well-Being Consortium
- 16 WAKEFIELD HEALTH MEANS BUSINESS**
Delivered by NHS Wakefield and Royds Community Association



Empowerment unlocks barriers

Altogether Better was founded on the firm belief that community health champions have the potential to make a significant impact on health inequalities.

If we can empower individuals and communities to make positive changes to their lives, we will have turned the key to unlocking barriers to improving the health and wellbeing of groups of people that are traditionally very hard to reach or influence.

16 flagship projects

In 2008, we were awarded £6.8m from the Big Lottery Wellbeing Fund to run our innovative, five-year programme in Yorkshire and the Humber. We have commissioned 16 flagship projects across the region, all of which are recruiting and training community health champions to improve people's physical and mental wellbeing in a range of community and business settings.

By 2012, we hope to have engaged over 13,500 community health champions who will utilise the knowledge and confidence they have gained to inspire and influence a further 90,000 people through their network of friends, families and colleagues.

A key element of our work involves gathering and evaluating evidence so that we can make a strong case for the adoption of our model of community



A KEY ELEMENT OF OUR WORK INVOLVES GATHERING AND EVALUATING EVIDENCE



empowerment at a local, regional and national level. We have set up the Learning Network, as a vehicle for our projects to feedback their findings to us, communicate and share their experiences, and ultimately improve the outcomes of their work.

A sustainable impact

Collaboration at a strategic level is crucial if we are to realise our ambition of making a sustainable impact. To help make this possible, we have set up a Regional Advisory Forum to guide us with this exciting, and fast-moving initiative, and influence organisations with the power to make cultural changes in approaches to reducing health inequalities.

We also have great support from our partners, including the Department of Health and local and regional NHS, the Public Health Observatory, local government, universities and the third sector, all of which will help contribute to us leaving a lasting legacy beyond the life of our programme.