

CHAMPIONING CHAMPIONS

Altogether Better National Event

**Community Health Champions where
Public Health meets Big Society**



**BE
INSPIRED**



**Event
programme
and workshop
information**



This event is for Community Health Champions, Leaders, Commissioners, GPs, Policy Makers, Public Health and Deliverers.

Tuesday 30 November 2010 • 10am - 4.15pm • Aspire • Infirmary Street • Leeds

CHAMPIONING CHAMPIONS

Altogether Better National Event



This event will enable you to:

- **Hear** from community health champions who are improving their own health and well-being and supporting others to make changes
- **Learn** how community health champions are enhancing existing health care provision and pathways
- **Examine** the evidence base and impact of community health champions on improved health and well-being
- **Explore** the potential of a community health champion approach to reducing health inequalities and mobilising communities across the country
- **Compare** different locally developed community health champion models impacting on health and well-being, community development, empowerment and inclusion
- **Talk** to champions, project staff and partners about future support needs
- **Celebrate** the contribution that thousands of individuals are making to their communities

“Alone we can do so little; together we can do so much”

Helen Keller (Author and Educator 1880 - 1968)

CHAMPIONING CHAMPIONS



Altogether Better National Event Community Health Champions where Public Health meets Big Society

Tuesday 30 November 2010

9.30	Registration, Workshop Allocation, Exhibition and Refreshments
10:00	Welcome & Introduction Isobel Mills - Deputy Director, Government Office for Yorkshire and the Humber (GOYH)
10:10	Tackling Health Inequalities from the bottom up Mark Gamsu, Programme Director Health Inequalities and Local Improvement Department of Health
10:20	Altogether Better Programme & the Voice of the Community Health Champion Alyson McGregor – Altogether Better Programme Director and Keith Ramsey Non Executive Director, NHS Yorkshire and the Humber
10:40	Sheffield Community Health Champions: Voices and Journeys Nigel West, Sheffield Well-Being Consortium, and Community Health Champions John Lewis, Winifred Ekezie, Lisa Cox and Robert Middlemast
11:00	Community Health Champions and the Big Society Isobel Mills - Deputy Director, GOYH
11:20	Calling All Community Health Champions Nigel West - Sheffield Well-Being Consortium
11:25	Morning Workshops/Refreshments
12:40	Lunch and Exhibition
13:30	Welcome back and morning reflection , Isobel Mills - Deputy Director, GOYH, Keith Ramsey, Non-Executive Director NHS Yorkshire and the Humber and Mark Gamsu, Programme Director Health Inequalities and Local improvement Department of Health
13:50	Demonstrating the impact: for Community Health Champions the Evidence Base , Roz Davies, Altogether Better Programme Director, NHS Yorkshire and the Humber and Dr. Jane South, Reader in Health Promotion, Centre for Health Promotion Research, Leeds Metropolitan University
14:05	Community Health Champion Song “Feels like I Belong” - Jaki Carol, Leeds Older and Active Project.
14:10	Afternoon Workshops and Refreshments
15:35	Plenary Question and Answer Panel: Altogether Better Community Health Champions - Where Public Health Meets Big Society
16:00	Championing Champions: Final reflections from the day , Isobel Mills, Deputy Director, GOYH, and Martin Gibbs, Local Government and Communities Manager, Health Inequalities Unit, Department of Health
16.10	Performance from local Poet and Artist , Ray Hearne
16:15	Event & Exhibition Close

CHAMPIONING CHAMPIONS



During refreshments and lunch breaks please take the opportunity to talk to fellow delegates about working to deliver health and well-being initiatives.

A slide show will profile some of the thousands of individuals, groups and volunteers that are delivering Altogether Better projects in Yorkshire and the Humber and to our wider Community Health Champions Network across the UK.

There will be a wide range of projects with displays and information. Please make the most of these networking times throughout the day. Please let us know if you have something to show case or present at future events we are planning for 2011.

WORKSHOPS

Workshop allocations will take place as part of your registration at the event, please allow sufficient time for this. You are invited to attend two workshop sessions, one in the morning and one after lunch.

Please note that if you have been invited by one of the Altogether Better projects who are hosting a workshop, then you will automatically have been allocated a place at their respective workshop on the day.

Workshop choices are as follows:

MORNING WORKSHOPS

WORKSHOP 1

Seniors Show the Way, Bradford: Older People leading the way in Championing health and wellbeing and reducing inequalities

This workshop will demonstrate how older people are improving their own health and well-being by becoming community health champions and the effect they are having on their families, friends and wider community. The workshop will look at the model of training and support offered by Seniors Show the Way and examine the contribution that older people are making to improve health and well-being, reduce health inequalities and social isolation and increase community activity, participation and influence.

- NHS Bradford

WORKSHOP 2

Chances 4 Change: Sharing ideas around good practice in volunteering and sustainability of community health champion activities

This workshop will present an overview of the best practice of health champion-style work in the chances4change portfolio, with an emphasis on how some of these projects have already achieved sustainability. The workshop will be an information session sharing practical case studies followed by a question and answer session. chances4change projects take a number of different approaches to health champion-style work and its case studies will illustrate this variety.

- Building Blocks project, chances4change - South East Big Lottery Health and Well-Being Portfolio

CHAMPIONING CHAMPIONS



WORKSHOP 3

Sheffield Community Health Champions: The voice of communities. Supporting individuals to shape and deliver solutions to health and well-being.

Training, support, trust, self-esteem and personal development are central to the success of the Sheffield Community Health Champion Project. Hosted within 20 Voluntary and community organisations across Sheffield the Champions are rooted in communities and trusted by their peers.

This workshop explores the potential for this community development, asset based approach to contribute to extended health pathways around diabetes, weight loss, increased activity and improvements to mental health and wellbeing.

It will look at why it works and some of the issues the programme raises. It also considers what contribution community health champions make to localism, and the Big Society agenda.

- **Altogether Better Programme**
- **NHS Sheffield**
- **Sheffield Health and Well-being Consortium**

WORKSHOP 4

Knowsley Community champions - cardiovascular disease (cvd) programme

This workshop will share Knowsley's learning around helping local champions understand the risks of CVD, how they can prevent this, their roles as community champions, and opportunities to share this in communities.

- **Knowsley Community Champions - Cardiovascular Disease (CVD) Programme**

WORKSHOP 5

Health and Wellbeing Champions in the Workplace

“Mind Your Own Business” and “Better Workplace – Better Mental Health” are two Altogether Better projects from South Yorkshire that aim to promote mental wellbeing in the workplace through the use of workplace health champions. This workshop will outline how health champion models have been used to improve workplace wellbeing in Doncaster and Rotherham and what the wider impact has been on individuals and their workplaces and communities. Examples of champion activities and employer case studies will be given to highlight how the models have worked in practice and to share learning for replicable projects.

- **Mind Your Own Business Project, NHS Rotherham**
- **Better Workplace - Better Mental Health Project, NHS Doncaster**



CHAMPIONING CHAMPIONS



AFTERNOON WORKSHOPS

WORKSHOP 6

Developing the Evidence Base for Community and Work Place Health Champions

Community Health Champions are transforming lives, supporting vulnerable people, improving their own health and well-being and positively affecting a wider group of family, friends, neighbours and colleagues. This workshop examines the evidence base to support the claims from Altogether Better's programme and project evaluation data and recently published evidence reviews and thematic evaluations conducted by Leeds Metropolitan University on behalf of Altogether Better. In an economic downturn are we able to make an evidence-based business case for Community Health Champions as a key partner to tackle health inequalities and improve health and well-being in our communities?

- Leeds Metropolitan University
- Altogether Better Learning Network, Yorkshire and Humber Public Health Observatory (YHPHO)

WORKSHOP 7

Healthwise Hull, Health Champions Making a Difference

This workshop will demonstrate how Healthwise Hull Health Champions have actively engaged, empowered and enabled members of the community to improve their quality of life. The workshop will give an insight into how Health Champions have made a real difference and how the Healthwise Team have supported them in their role. Both Health Champions and members of the Healthwise Team will talk about their journeys, share their experiences and look at what the future holds."

- Healthwise Hull Project - Goodwin Development Trust

WORKSHOP 8

Parents 1st: Pregnancy Pals and Birth Buddies. Promoting a healthy pregnancy, positive birth and confident parenting through a health champion approach

In this workshop we will:

- explore why a health champion model focusing on pregnancy, birth and beyond can be particularly valuable in terms of early intervention and public health gains
 - provide insights into how a Volunteer Pregnancy Pal and Birth Buddy programme has been commissioned and implemented in South West Essex
 - clarify the key components that work best, in order to make the programme successful in practice
 - illuminate the benefits to both the volunteers and the expectant parents involved
 - two specialist community public health nurses leading the initiative will also discuss how the Parents 1st social enterprise delivery model facilitates the community led agenda.
- Parents 1st - Basildon, Essex



CHAMPIONING CHAMPIONS



WORKSHOP 9

Health Trainer Champions in Offender and Community Settings: Breaking the Cycle within Offender Health

Since 2009 the project 'Health Trainers in the Criminal Justice System' has created a stronger prison community by training and accrediting offenders as volunteers to assist their peers in leading healthier lifestyles. Evidence now shows that using this low cost service engages with the seven pathways to reduce reoffending.

Nationally Yorkshire and the Humber lead in this work with 7 prisons already delivering the service and all 16 prisons becoming accredited training centres. HMP Full Sutton is the first establishment to utilise the Health Trainer Champions National Data Collection and Reporting System capturing valuable evidence. Since the programme began over 40 serving offenders have qualified as Health Champions.

Geof Dart will share his experience and research and discuss how ex-offenders can positively contribute to the Big Society, reduce health inequalities and help to break perpetual cycles of crime and imprisonment.

- **Yorkshire and Humber Health Trainer Champions**
- **Health Trainer Champions - Offender Health and Social Care, Wakefield**

WORKSHOP 10

Community Health Champions and the Big Society

We will look at proposals for The Big Society and in particular approaches to supporting a stronger civil society. Starting from our own knowledge and experience of community health champions, we will try to identify:

- what we can offer as individual projects and a collective
- the support we need to make the approach sustainable and our organisations more resilient
- how to get these messages 'out there'
- **Altogether Better Programme, Partners and Community Health Champions**

