

Seniors Show the Way

Older People leading the way in championing health and wellbeing and reducing inequalities

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With Community Health Champions
Richard Brown, Mashud Haque,
Brenda Watts & Edith Askham



Aim

- To give an overview of Seniors Show the Way project and delivery model.
- To share how our Community Health Champions are making a difference in their local community.
- To hear from Community Health Champions about their experiences.



What Skills and Qualities does a Community Health Champion need?



Bradford and Airedale
Community Health Services





Aims

- The project will recruit, train and support 1400 older people (50+) as Community Health Champions.

Objectives

- Provide appropriately targeted training on the 3 key themes.
- Community Health Champions will pass on health messages to 5 family and friends.
- Align the service with other mainstream and VCS provision to boost the impact of the service.

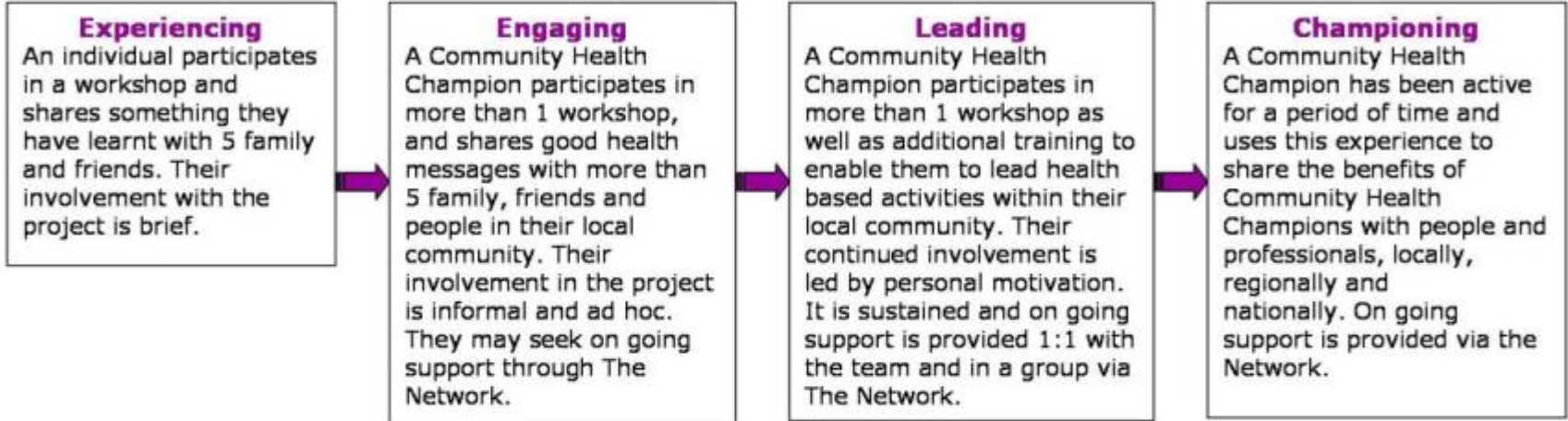


Seniors Show the Way Community Health Champion Model

Less intensive

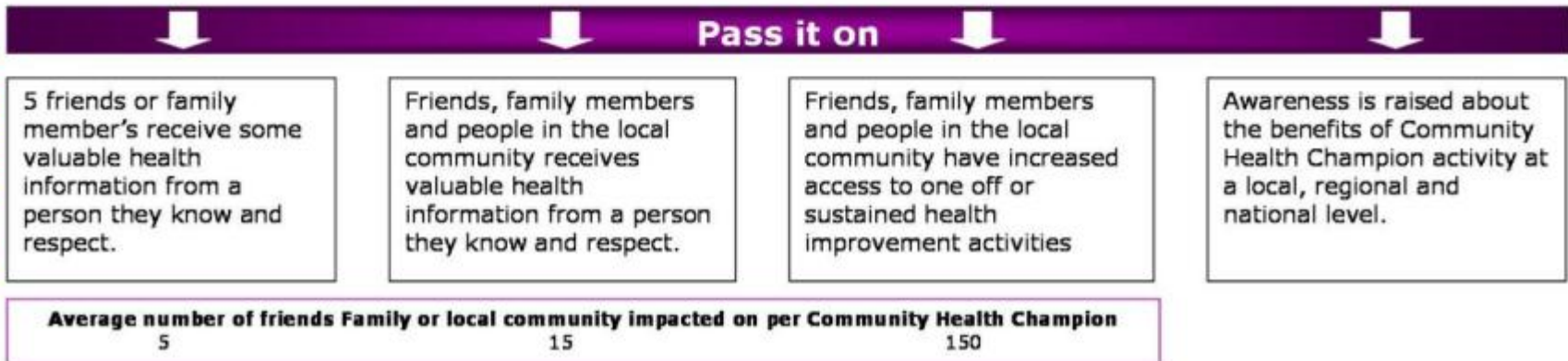
More intensive

Community Health Champion



On going support via the Bradford Community Health Champion Network

Friends Family and Local community

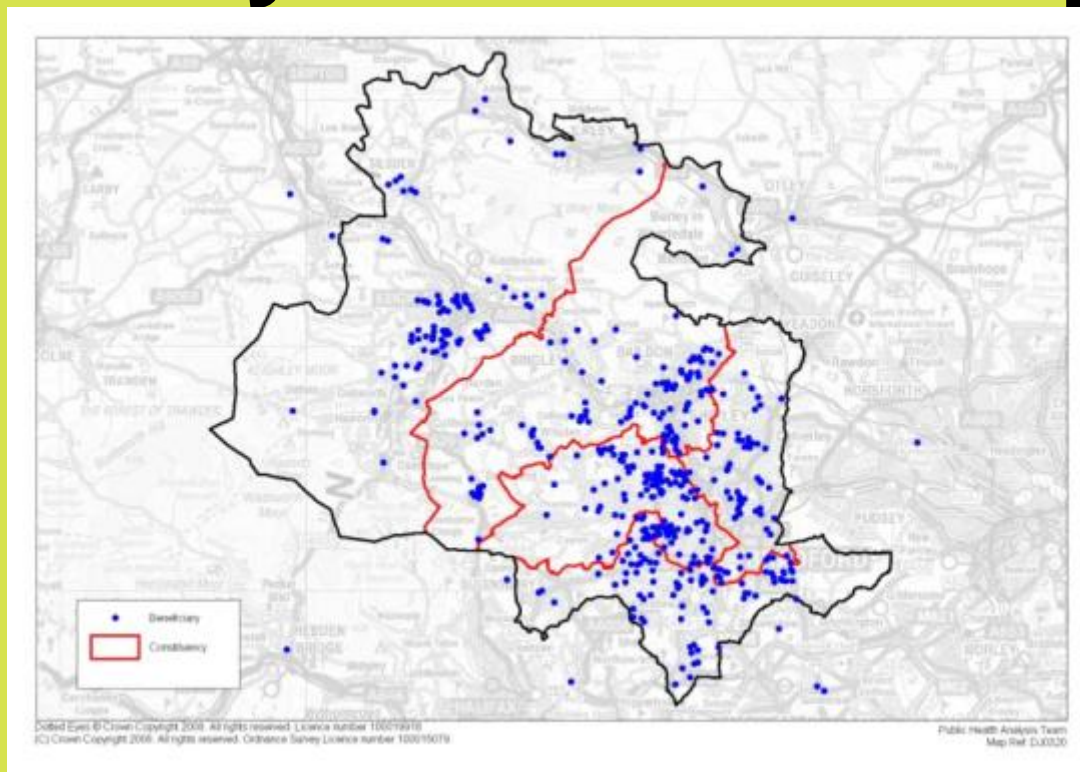


Training statistics

Training sessions delivered by Seniors Show the Way team (with existing groups)	Number
Introduction sessions	39
Healthy Eating sessions	26
Physical Activity sessions	11
Mental Wellbeing sessions	23
Pass it on sessions	11
Workshops delivered by Seniors Show the Way team	
Full day	3
Half Day	11
Walk Leader Training	8
Relaxation to music training	7
Externally provided training accessed by Community Health Champions	
Active in Age Accredited Pathways to health training Thrive Training Stop Smoking Signposting Nutrition for Children CHC	

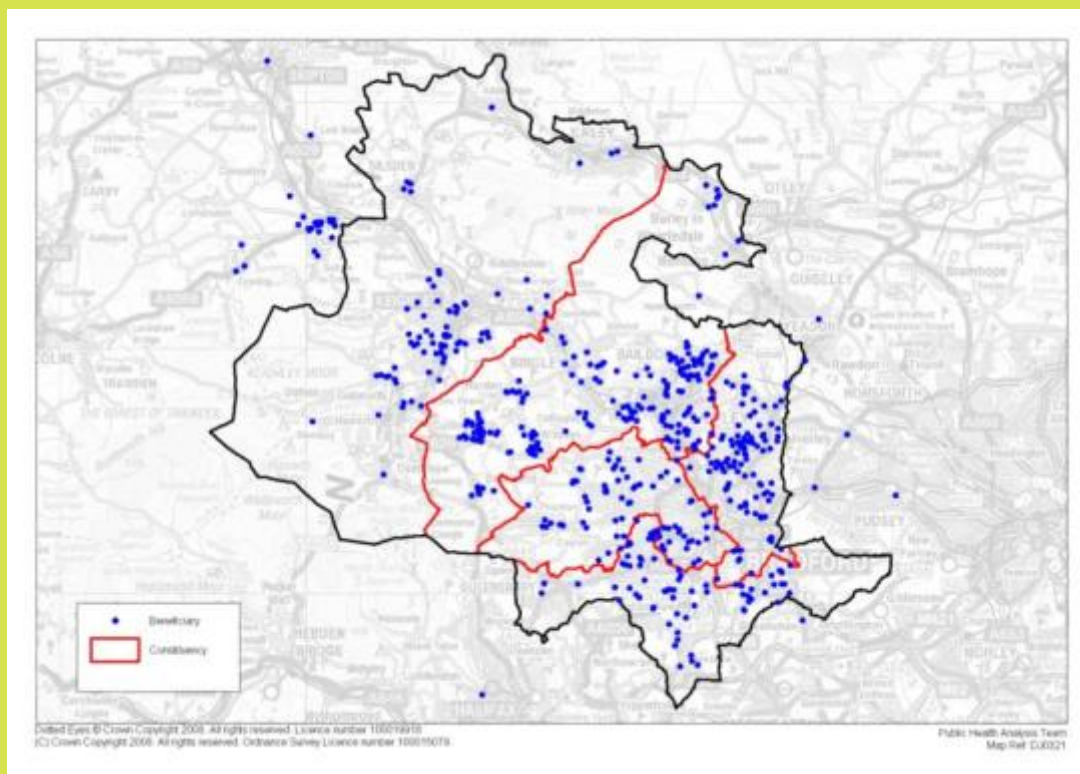
698

Community Health Champions



2605

Indirect Beneficiaries





Community Health Champion Activities



Bradford and Airedale
Community Health Services

- Swimming buddies
 - Health walks
 - Art walks
 - Bird watching walks
 - Reminiscence writing sessions
 - Reminiscence sessions
 - Relaxation sessions
 - Health awareness events
 - Diabetes talks
 - Dementia talks
 - Attending conferences and regional & National events
 - Participating in research & panels
 - And one champion attended a Ministerial lunch with Nick Hurd along with the Altogether Better team
-
- Lots of Community Health Champions just talking to people!!!



Introducing Community Health Champions

Mashud Haque

Brenda Watts

Richard Brown

Edith Askham





Question for Discussion

- How could you see this model working in your geographical area and/or area of work?



Feedback

- 2 or 3 points for feed back
- A question for the plenary panel

Remember to visit the Both areas of the
exhibition over lunch

