



Community Health Champion Role

Community Health Champions are local individuals who have joined a network which is committed to improving the health and wellbeing of people in Stoke-on-Trent. The network enables Community Health Champions to stay informed, share clear and accurate information within their local communities and advocate on behalf of their community.

As a Stoke-on-Trent Community Health Champion,

VAST will:

- provide up to date clear and accurate information on health and wellbeing for you to share with anyone in your community. This could be by sharing information with family and friends, local groups, or people you work with. You might put posters in shops, on notice boards or in community spaces or you might share posts on social media;
- support you to respond to any health and wellbeing concerns, worries or tensions in your community;
- provide access to a range of high quality, relevant training and information sessions.

You will:

- complete our short induction training provided by VAST and engage with a range of training provided by other community partners relevant to your community;
- maintain good regular communication with VAST on activities you undertake as part of the project;
- tell us how you are getting on so that we can understand what's working well, and what's not working so well in our communities;
- improve the health and well-being of people living in your community, particularly in those communities where health inequalities have been identified;
- talk to people about your Community Health Champion role and encourage others to become champions.

Most volunteering will be achieved as part of your normal daily routines such as meeting friends, family and colleagues, attending community events, using social media, through existing volunteering initiatives and generally talking with people and sharing relevant information.

The role is flexible. You can choose to stay in touch with us on a regular basis or whenever you can spare the time.



We are looking for Community Health Champions that:

- are committed to improving health and wellbeing;
- relate to a diverse range of people, sensitively;
- work with others in a non-judgemental and respectful way;
- appreciate people's right to make their own choices;
- have good social skills and are good listeners;
- give and receive feedback well;
- are reliable and dependable;
- love to learn!

Community Health Champions benefit from:

- access to specialist training;
- learning new skills that can be used to secure other volunteering or employment opportunities;
- support to carry out the role;
- developing friendships with people with shared interests;
- a flexible and rewarding volunteering experience;
- giving something back to your community.

VAST will provide key support to Community Health Champions. We will provide regular catch ups and will be available to ring or email with any concerns or issues.