



Community Champion Pack

Resources and Information

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Welcome!

Dear Volunteer

We would like to welcome you to our Community Champion programme. Being a Community Champion is fun and rewarding, and you will get to know lots of people in your neighbourhood!

The Community Champions programme utilizes people like yourselves, who are connected with the local community, to raise awareness of wellbeing activities, crime prevention, good health and health interventions, and improving community connectivity. By taking positive action you can play a key part in improving the wellbeing of your community.

Your existing community connections will enable you to disperse vital information across your networks. You will also have the opportunity to build new connections with other local community groups, schools, resident's associations, and local people, through face to face meetings, social media and email, to help share community safety and wellbeing advice more widely.

We look forward to working with you and helping your community become more resilient and active in crime prevention and community wellbeing.

Best wishes,

Community Help Hertfordshire.





Community Champion Role Profile

As a Community Champion you will be able to actively make a difference within your community. The hours for this role are flexible, but volunteers will need to commit to a minimum of 3 months. This volunteer role includes:

- ✓ Contacting the community – reaching out to friends and family, meeting local community groups or even setting up a group of your own.
- ✓ Listening to people - finding out residents' health and social care needs, around healthy eating, exercise, mental health and wellbeing.
- ✓ Carrying out community outreach - providing a presence within an agreed local community by participating in local events and fairs.
- ✓ Signposting residents - making relevant referrals and informing people of the local services available.
- ✓ Providing feedback to CVS organisations - helping influence local service providers, including the NHS, local council and neighbourhood forums.
- ✓ Organising events & campaigns - raising awareness and collecting information surrounding health issues in your local area.

You will be given a thorough induction to help equip you for the role and build your confidence in approaching difficult subjects.

What will a Community Champion do?

Community Champions talk to people – friends, family, neighbours, colleagues, acquaintances – and share their knowledge about health and wellbeing, and what makes communities healthy.

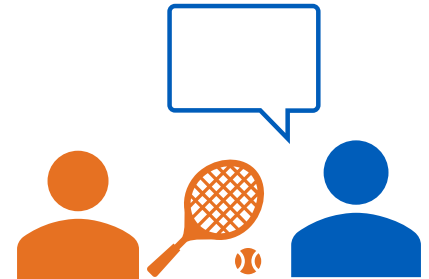
They help people to make healthier choices, share information about what support is available, and encourage people to take more interest in their health. They also make sure the people in their communities can find reliable information, particularly around health and wellbeing.





Community Champions will help to promote healthy lifestyles and encourage positive changes.

This might involve supporting someone to quit smoking by letting them know of local services available, or helping people be more physically active by showing encouragement when they want to try a new form of exercise.



Community Champions will also play an important role in encouraging people to be active in their communities to avoid social isolation. They will do this by reaching out to those who may be less likely to get involved and making sure they know they are welcome.

We know people want to help, and that people provide this help in different ways. You will be able to shape your own role in your community and the time you invest is up to you.

What does the CHH Community Champion Programme offer?

Our programme recognises the valuable work of Community Champions. It offers additional support and training so you can have a greater impact on your community's wellbeing.

This programme provides opportunities to:

- ✓ Develop your own skills.
- ✓ Increase your knowledge on key health and wellbeing topics, including how your communities and surroundings can impact on health.
- ✓ Share information that can support your community.
- ✓ Connect to other organisations that impact health and wellbeing.



You will be asked to attend an initial workshop. The session will cover what it means to be a community champion and the basic skills to help you get started.



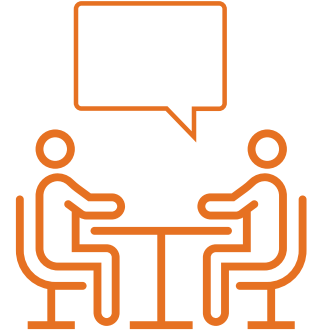


You will also be invited to fortnightly keeping-in-touch/networking meetings where you can discuss how you are getting on, hear from other Community Champions, and seek support or inspiration on what to do next.

In addition, we will send you regular updates on health and wellbeing through our Monthly Community Champion newsletter.

As a community champion you can volunteer as little or as much time as you can. The work varies depending on what is happening in your neighbourhood and may include:

- ✓ Organising and promoting fun days and community events.
- ✓ Sharing important health messages with your community.
- ✓ Undertaking surveys with local residents.
- ✓ Helping to improve local services.



Community champions volunteer their time, although you can claim any out of pocket expenses, including travel costs and child care/carer costs, that you incur whilst volunteering with us.



Community Champion – Monthly Activity Form



CommunityHelp
Hertfordshire

A partnership of voluntary sector infrastructure organisations funded by Hertfordshire's public sector

Your Name: _____

Your Area: _____

Date of activity	Activity	Platform used – add link on here	What was the reach?	Comments/advice given/action taken
2/12/2021	Scam awareness – doorstep crime	Facebook	Views 2,304 Likes 57 Shares 23 People 0	Positive comments given Someone said they had been a victim – signposted to Trading Standards and Action Fraud
			Views Likes Shares People	
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