



What are Community Health Champions?

- Local people who have a passion to improve health conditions for their local community, understand that cancer screening, early diagnosis and lifestyle factors for cancer and cardiovascular disease are essential to help save people's lives.
- They may have lived experience of cancer or cardiovascular disease or just have a passion for raising awareness to reduce the impact of these conditions.
- Actively engaged in their communities and happy to start conversations around cancer and cardiovascular disease.
- They are from a variety of different communities and backgrounds.
- They have everyday conversations with family, friends and colleagues about cancer and cardiovascular disease.
- No previous experience is required, as full training will be provided.

What does a Community Health Champion Do?

- Start conversations about lifestyle factors that can help prevent cancer and cardiovascular disease.
- Start conversations about screening for cancers such as breast, bowel and cervical.
- Start conversations about the most common types of cardiovascular disease.
- Listen and feedback their experiences and concerns and help us to understand what would make a things easier.
- Share helpful information and signpost to local GP 7 Health services and provide reassurance in their communities.
- Use every opportunity to encourage discussion around cancer and cardiovascular disease, busting myths and sharing key facts.
- Deliver the messages with care and sensitivity and in a way that is meaningful to their community.

What we ask of our Community Health Champions:

- Be open and willing to attend training.
- Feedback their insights and experiences to us.
- Give as much or as little time as they can – the role is flexible.
- Have a regular check in with Healthwatch Herefordshire.
- Tell others about the Community Health Champion role and encourage them to join us.
- Some Community Health Champions may wish to get involved with other awareness raising activities such as stands at community events or giving a talk to work colleagues.

What we can offer:

- Community Health Champion Training – a half-day session to understanding cancer and CVD screening and lifestyle factors and having conversations about these.
- Ongoing support from Healthwatch Herefordshire.
- A range of helpful handouts and resources.
- Paid Community Champion roles available – depending on the level of role you wish to engage with.