



## The Community Health Champion

Through getting involved in LiveWell Sutton and Merton as a Community Health Champion, you'll become more involved in making your community a healthier place to live and work. You'll be given the opportunity to complete free training accredited by the Royal Society of Public Health (RSPH), which will help to broaden your horizons for work in the public health sector. This will either be the level 1 award in Health Awareness, or the Level 2 award in Understanding Health Improvement.

We'll help you communicate and promote the LiveWell themes of physical activity, healthy eating and safe alcohol consumption to your community. You will be responsible for supporting people in the community in making positive behaviour changes, and you will also be able to signpost residents of Sutton and Merton to activities, services and events available in the community.

Your main duties will include:

- Offering support and advice around a number of lifestyle issues to people in the local community
- Delivering health messages to a range of people
- Reaching out to people who are at risk of poor health
- Developing knowledge of services and contacts within the community
- Acting as a link between health professionals and communities

Becoming a Health Champion will provide you with the opportunity to network with other people in the community who take an active approach to promoting healthy living. You will be able to develop your communication skills and learn to interact with people from a diverse range of community groups and backgrounds.

Further information on the RSPH courses can be found on the following link:

<http://www.rsph.org.uk/en/qualifications/qualifications/qualifications.cfm>