

COMMUNITY HEALTH CHAMPIONS

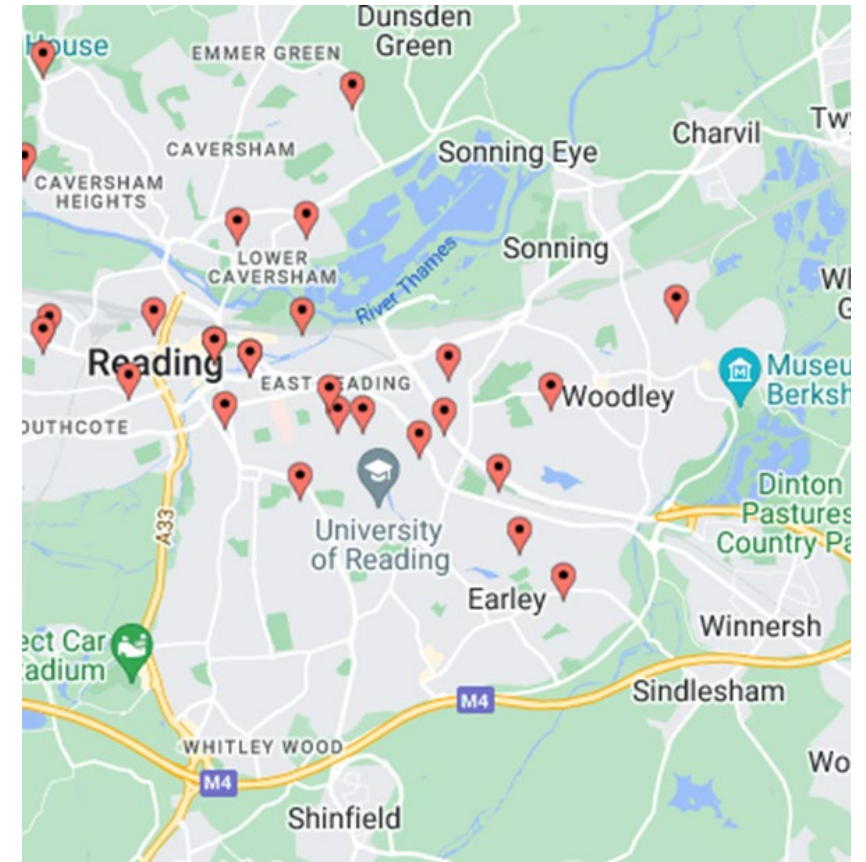
CONNECT INFORM EMPOWER

Reading Health & Wellbeing Board, 11th October 2024

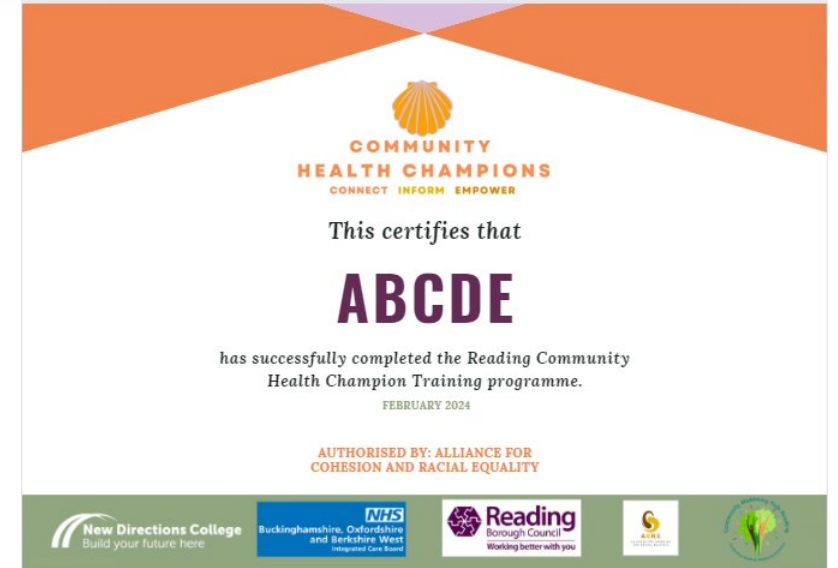
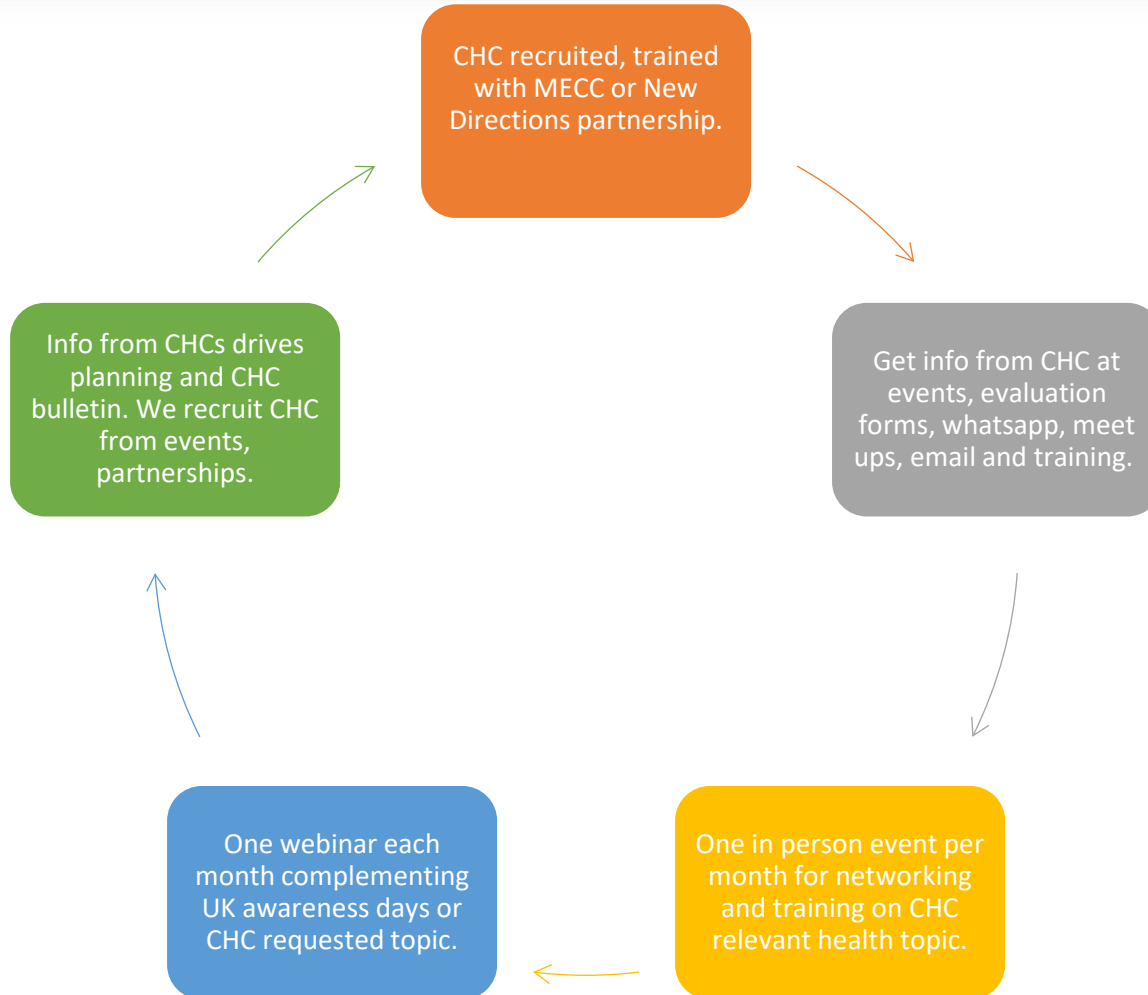


Who are our Community Health Champions?

- We have 89 official CHCs with 10 more on the waitlist to be trained over September.
- CHCs speak over **26** languages including:
 - Tamil, Patois, Somali, Urdu, Telugu, Tamil, Pashto, Serbian, Farsi, Kannada, Portuguese, Zaghawa, Creole, Mende, Romanian, Chinyanja, Kissi, French, Swedish, Pele, Tagalog.
- CHCs come from various links to community centres and organisations, including:
 - ACRE, Green Health Thames Valley, Utulivu, The Jamaica Society and Friends (Reading), Caversham Muslim Association, HealthWatch Reading, Berkshire Woman's Aid, CWH and the Sierra Leone community in Reading, CGL, ACRE, Prospect Park Hospital, Dee Café Compass, Royal Berks Parent Engagement Team, Talking Therapies.
 - Some have chosen to join as an individual only rather than link to their organisation or community group.
- Most of our CHCs are over 35 years old.
- Both RBC and ACRE websites have a CHC webpage
- [Our YouTube Recruitment video](#) has 734 views, 50 subscribers.

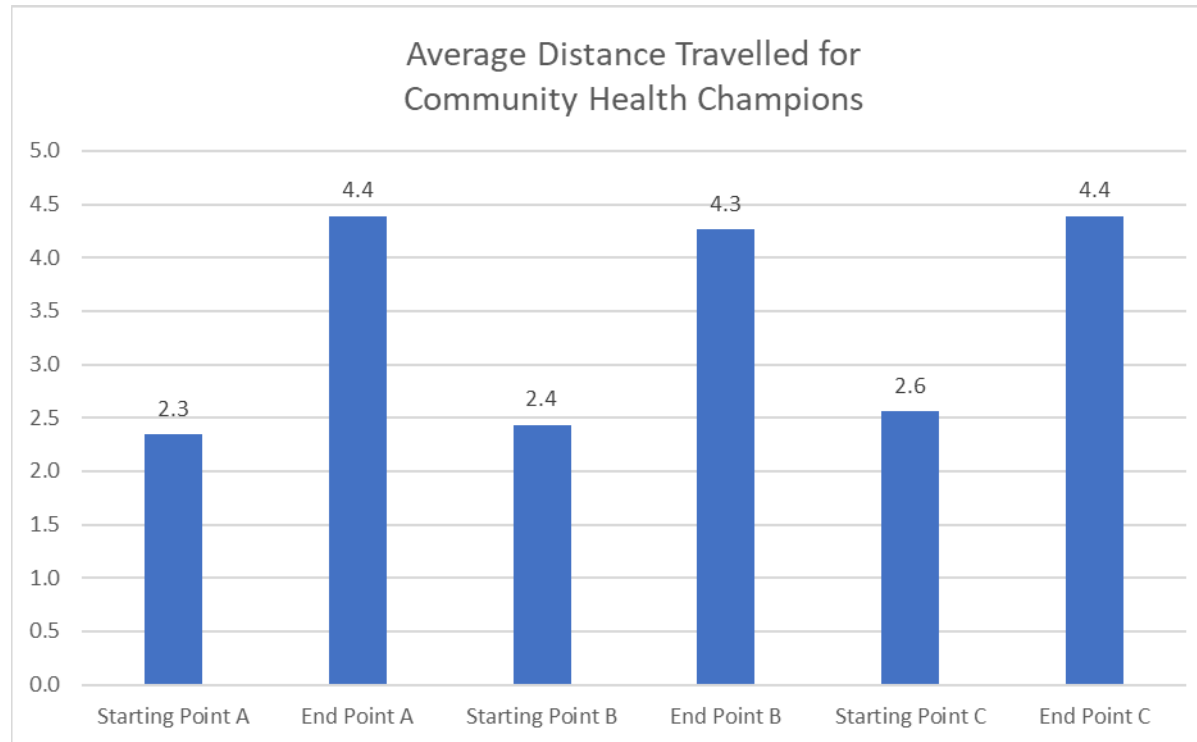


CHC journey and feed into project:





Training



This graph shows the progress CHCs feel they made before and after attending their training.

Here are some of the entries for what the **learners say they made progress with:**

“I understand the role I am undertaking. I learned a new way of asking open questions. I know where to go for more help.”

“learning history of CHC’s role, its place and responsibilities within the community (signposting, empowering) and not telling people what they should do.”

“the importance of facilitating change in people. The idea of the 3A’s method. Different strategies for providing credible information.”

"In my language we don't have a word for Dementia, it is seen as a part of getting old"

MENTAL HEALTH

"Many parents aren't aware of the benefits of "being present" for children's mental, social and physical health"

Why are so many helplines digital and online?

I want to know more about hypertension

Can you have MMR vaccine as adult if you don't know childhood history? - Yes

I'm confused about NHS pathways

What is an Ideal Daily diet?

I want to learn about migraines.

Knowing more about anatomy and physiology, different functioning of our body and systems

'A' was chatting to someone about bone marrow transplants and wants information about how to be a donor

Nervous to take children to dentist because they haven't been to a dentist before/in a while and worried I'll be judged

What is Diabetes type 3 and Dementia link?

I exaggerate my illness to get GP appointment

Is food the only way to get all nutrients?

Can we learn about Hepatitis C and Liver Scans

I want to know what a healthy body looks like.

Nutrition and how it impacts hormones/gut health

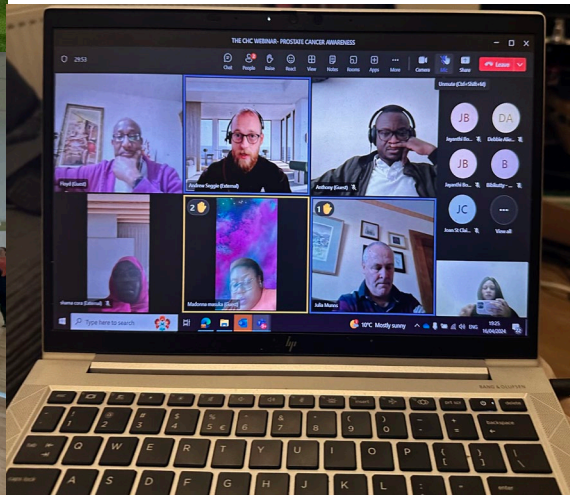
I want to raise Menstruation awareness and acceptance in my community (learning about periods, making them less taboo and celebrating why woman menstruate)

What translation services are there?

How can I talk to someone who supports someone with dementia?

Retirement can be quite a shock for socialising and making connections and looking after your health – suddenly don't know where to go or who to see and everyone retires at different times with differing wealth and stigma about services or groups.

Collaborations



ALLIANCE FOR COHESION AND RACIAL EQUALITY



PROSTATE CANCER UK



Utulivu Women's Group



Success Stories So Far



Improved community discussions and trust in MMR vaccines and Prostate Cancer screening



Improved community insights and trust on subjects like Womens Health in the Nepalese community and a more positive **reception to MMR non-gelatine option for Muslim communities**



3 CHCS have developed monthly fitness sessions for women with menopause and are starting to trial information session in the central library around this topic



Ongoing collaborations: Community Wellness Outreach project, Better, Screening Teams (including liver screenings), Domestic Abuse Partnership Coordinator



Public Health messages and campaigns at community libraries and centres



Collaboration with Healthwatch Reading supporting Community Connectors and raising awareness on topics including GP access and oral health

What have our communities said ?

“We need a way to search GPs via what language they speak and more awareness about interpretation services, e.g., even at the point of calling a receptionist”

“We didn’t know until now how bad the complications of measles were on children, and we need this awareness more in our communities”

“I followed a friend for his Prostate cancer screening and that is how I decided to get tested and that led me down to a journey to discover I had prostate cancer; I really feel our GPs should be allowing and pushing for us to get tested”

“The event was engaging and entertaining. I get to learn more about health and wellbeing awareness. I know what is required of me as a health awareness champion for my community.”

“TB is real, and I am a survivor, the doctors told me if I accepted to do a lung transplant I would have just a few years to live, medications saved me”

“The session which integrate physical activities enhance the well-being of the community. People are encouraged to avoid excess medication because of severe side effects”

“I found it very informative and have gained a greater understanding on dementia and think it will be very useful personally and professionally”

“I gained knowledge about dementia disease and how does it impact to the individual and the society as a whole equally I received the information about other services that are running at Reading”



Community Health Champions Project Grants

£49K in project grants

Projects will run until April 2025

Each organisation will host at least 1 CHC and support the Community Wellness Outreach project

Conversations about 'The Big C'

Women's Health Conference & weekly Safe Haven sessions

Female fitness sessions

Wellbeing walks

Health awareness sessions, led by CHCs and health professionals

