

# My Health Matters

Supporting Healthy Living in Havering



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# Become a Health Champion Volunteer to support local residents adopt healthier lifestyles.

## How does it work?

My Health Matters is a community project helping to improve the health awareness of local residents by recruiting and training Health Champion Volunteers to provide signposting to relevant services and resources as well as support residents to adopt healthier lifestyles.

## Who can be a Health Champion?

Anyone aged 18+ either living or working in Havering with an interest in health and wellbeing.

## Health Champion Benefits

- Enhance your knowledge and skills on health issues and local support services
- Become a positive influence in your community by helping local people to look after their health and wellbeing
- Access free, high quality accredited training with the option to gain further qualification
- Build contacts and friendships





### **Do I need a health background?**

A background in health is not necessary but you will be required to attend and pass a free one day accredited course or two half days online accredited training, leading to an **RSPH Level 2 health qualification**.

Once qualified you will have the opportunity to attend further training to learn more about topics such as healthy eating, physical activity, mental health and cancer awareness, Covid-19 and vaccinations and attend focus groups to discuss feedback on relevant topics.

### **What support will be available?**

As a Health Champion you will receive excellent quality training, support and guidance from our dedicated My Health Matters staff to equip you with confidence and tools to promote health and wellbeing within the local community, encouraging local people to make positive choices to improve their health.

### **Health Champion feedback:**

"I am very pleased that I became a Health Champion"

"One kindness a day and a top up of positive energy"

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Feedback on training provided:

"The Health Champion online training was a brilliant course, the background on health issues, particularly local information, the resources that I feel that I can now tap into etc. was really great"

For service information or becoming a Health Champion please call

**07538 798478 or 07985 105528**

email [myhealthmatters@ageukrbh.org.uk](mailto:myhealthmatters@ageukrbh.org.uk)

or visit [www.ageuk.org.uk/redbridgebarkinghavering](http://www.ageuk.org.uk/redbridgebarkinghavering)

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