

Information for Volunteers

Volunteers can become involved with various activities. These include helping with Streetgames sessions, supporting healthy eating and cooking sessions, becoming a walk leader and supporting a cycling group. You could also work alongside a community health development worker or stop smoking advisors.

Throughout your involvement with these projects you will be supported by a professional. Basic expenses, such as travel costs will be covered.

To become a volunteer with the Health Champions programme contact the project you are interested in or contact your local volunteer centre on 01872 265307. www.ccfv.co.uk

Information for Organisations

If you are part of the NHS health community and feel that you could offer a volunteer the opportunity to fulfil a health promoting role please contact Alex Ollivier on 01209 313 419 for information on how to join the scheme.

What is the Health Champions scheme?

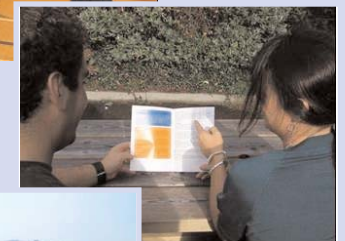
The Health Champions scheme offers the opportunity for volunteers to work with NHS projects that support the health of the Cornish Community.



Cornwall & Isles of Scilly
Health Champions

Cornwall & Isles of Scilly Health Champions

'Volunteers supporting health in the community throughout Cornwall and the Isles of Scilly'



Who's involved?

LEAPActive

“Getting more people more active more often in their own community”

LEAPActive can provide the following volunteering opportunities: Over 50s Leisure Week Steering Group member, Streetgames Coach, Weight Management Programmes, Health Walk Leader, LEAPActive Buddy (giving one to one support to help individuals increase their physical activity levels).

Training opportunities: SCUUK Day Leadership Award, Community Sports Leader Award, National Governing Body Level 1 Sports Awards, First Aid and Walk Leader training.

Contact Lewis Jones on 01209 310062

leap.active@ciospct.cornwall.nhs.uk

www.leapactive.org

Eatsome

“Working throughout Cornwall with all age groups, promoting healthy eating through practical and realistic sessions”

Eatsome can provide volunteering opportunities to assist in the delivery of practical cookery and healthy eating sessions with community groups. ‘Get Cooking’ training is available to ensure healthy eating key messages are understood along with the practicalities of running a practical session.

Contact Mary Dawe on 01209 216 967

mary.dawe@ciospct.cornwall.nhs.uk

www.healthpromcornwall.org

Cornwall Centre for Volunteers

Accredited training is available via Cornwall Centre for Volunteers: Community engagement and changing behaviours to increase awareness of community engagement techniques and how to

change people’s behaviours. Helping Others Achieve a Healthy Lifestyle will improve awareness of a healthy lifestyle and how to encourage others in their community to make healthy choices.

Contact 01872 265307

training@ccfv.co.uk

Pedal Back the Years and Stroll Back the Years

“Change Your World One Mile at a Time”

Volunteer Leaders and Support Riders are always needed and free training is provided to cover the following: Getting started, basic skills in emergency management, bike adjustments, understanding gears and brakes and minor mechanical repairs.

Contact Dave Readman on 01726 627816

david.readman@ciospct.cornwall.nhs.uk

www.pedalbacktheyears.info

Stop Smoking Service

“Helping people who want to stop smoking”

The Stop Smoking Service can provide a range of smoking cessation training including one-to-one brief training and intermediate training. Additional training to support smoking cessation includes: cannabis

use; working with young people; healthy eating; physical activity; groupwork skills.

Contact Lynda Quee on 01209 215666

lynda.quee@ciospct.cornwall.nhs.uk

Community Health Development Team

“Empowering people for wellbeing through a community health development approach”

Volunteering opportunities include shadowing the Community Health Development Worker and Health Trainers in supporting communities to build capacity. Training available includes RIPH Level II Understanding Health Improvement, Fundraising for Community Groups and Laughter Workshop.

Contact Alex Ollivier on 01209 313419

alex.ollivier@ciospct.cornwall.nhs.uk

www.healthpromcornwall.org

Slimming on Referral

“Supporting adults to make lifestyle changes to attain a healthy weight”

Slimming on Referral in the West requires a few Buddies to support individuals who are on the pathway of losing weight.

Some individuals request a bit of extra one to one support to enable them to engage in other Slimming on Referral activities including: cooking and physical activity sessions.

Contact Mary Williamson on 07917 266316

mary.williamson@ciospct.cornwall.nhs.uk