

Youth Health Champions.. What are you waiting for?!



Initiative funded by  Essex County Council

Anglian Community Enterprise – Community Interest Company



Working in partnership with the NHS

Weight Management
Autonomous Health improvement
Motivate those wishing to improve lifestyle
Smart Goals
Non-judgmental
Community workers
Liaise with wider community to support those with health needs

healthy lifestyle **Support** Relevant
Listen Engaging advisers Knowledgeable
Inform, educate and support **Motivate** Local
Inform Guiding Empower to make healthy lifestyle changes Patience
behaviour motivation Assist Empathetic service access
support behaviour change **Health Trainers** Innovative

lifestyle change **Positive** Approachable Informative
Adaptable Successful **Enabling** handy 1-2-1 Support
Motivational Information **Encouraging** varied Behaviour
Signpost Inspire Chooses health and wellbeing change pro-active
Caring Important Improvement **Motivating** Information access
Flexible Access to other support groups Supportive
Friendly

What is a Youth Health Champion?

Are you interested in helping others?

Do you like getting involved in activities?

Do you like to have your say and be heard?



Training

- RSPH Accredited certificates
- Drugs and Alcohol
- Smoking Cessation Level 1
- Emotional Health and Wellbeing
- Sexual Health Awareness
- Healthy Eating
- Physical Activity



Planning for Success

4 health campaigns in an academic year

Students select topic

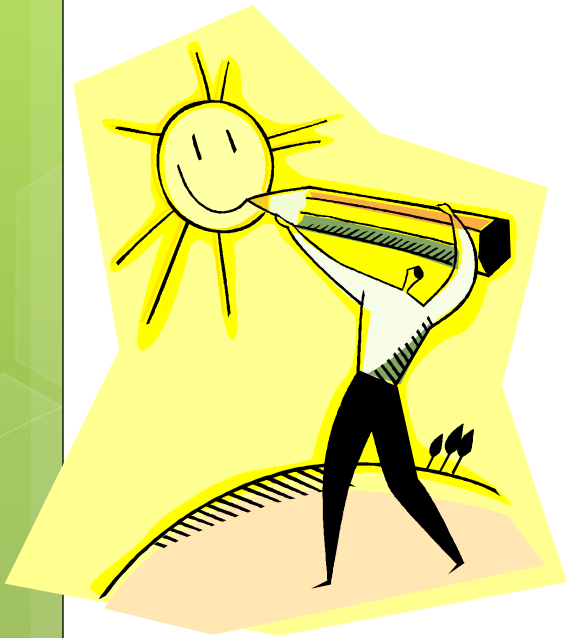
Support is given to put delivery plan
together from NHS or Agency

Representatives

Campaigns are fun and informative

YHCs can be approached for further
support by pupils

May be assigned to a Year 7 class to help
transition for younger age groups



Recruitment

Most schools train Year 9's

Great for health and social care students

Media/Sports Students

Students who care about others and who like to have a say!

Not always the highest performing students, experience goes a long way!

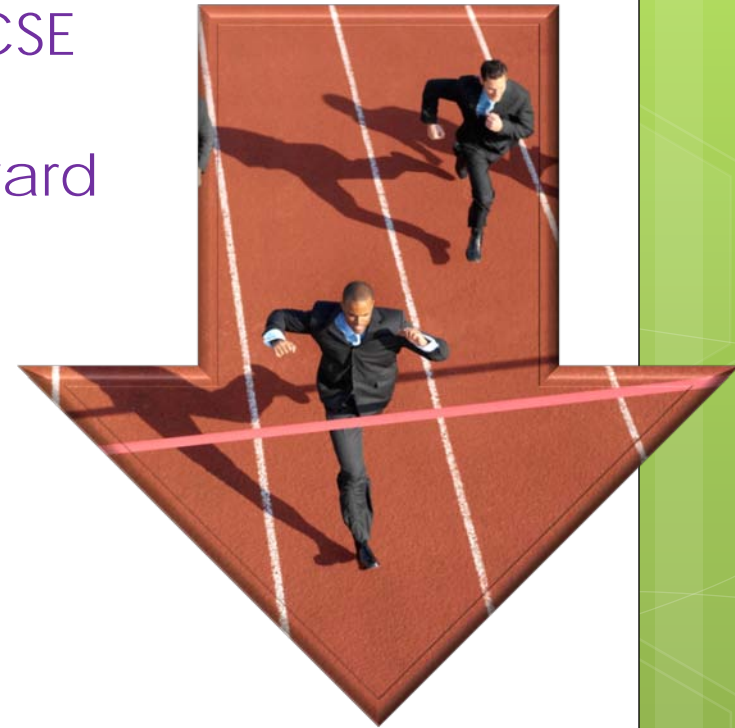


Campaigns



Advantages of being a Youth Health Champion

- RSPH Level 1 Understanding Health Improvement award
- Opportunity to undertake the full GCSE Equivalent YHC certificate
- Duke of Edinburgh volunteering award
- Letter of Commendation
- Life Skills
- Team Working
- Confidence Building
- Sign-Posting Role
- Skills for health for life
- Enhanced CV



So what are you waiting for?!

- Ask your School YHC Coordinator for an application form
- If selected you will attend 3 days of training at Essex Uni in July
- Role starts in September!!