

VOLUNTEER HEALTH CHAMPIONS

Opportunities and Activity Ideas with Darnall Well Being

Here are just a few ideas to help get you started....

Promoting Health Messages:

- Attending events and helping to run a stall
- Visiting groups
- Raising awareness of existing activities, health schemes and services
- Producing a flyer or poster and helping with distribution
- Undertake relevant training

Supporting People from your community:

- Becoming an activity 'buddy' or active friend – you could be an allotment, swim, cycle or gym buddy!
- Supporting them to stop smoking
- Finding out about what's going on in your area and signposting people

Helping to find out about the Health Challenges and Needs of your community:

- Work with groups by doing a consultation or questionnaire
- Work with interpreters
- Visit groups, local churches, mosques and local organizations

Help to plan, promote, support or organise Activities:

- Health Walks:
a walk that starts and ends at the library with refreshments
work with a Parents Group and run a 'Preamble'
history tour of Darnall?
- Cook and Eat Sessions or smoothie-making
- Play Activities
- Arts, crafts and social group
- Healthy eating session
- Stress and relaxation
- Running group
- Environmental research or activities

Link in with an existing group, activity or member of staff and volunteers to support existing sessions, build confidence, experience and help shape your ideas.

