



Community Health Champions will not offer you advice or tell you what you need to do

You decide what changes you would like to make to your lifestyle and we will work with you to help you achieve your goals

We will do this through a series of support meetings, looking at ways to change those bad habits for good ones!

Community Health Champions will have a good local knowledge of facilities and services within their own communities

So, if you want to lead a healthier lifestyle, get in touch and see what your local Community Health Champion can do for you.

For further details contact

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Community Health Champions

are local people who care about the health of their community and of those around them.



A partnership project supported by Cumbria LINK,
Cumbria CVS and the NHS Public Health Team

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Community

What can Community Health Champions offer you?

You may want to give up smoking, get fit and improve your health or want advice on healthy eating but don't know where to start. That's where we come in!

Community Health Champions can

- provide you with information
- point you in the right direction for services to support you
- work with you to come up with a plan of action that will help you achieve your health goals, however small they may be.

We work with individuals and groups and have knowledge and experience of the local area.

Health

Community Health Champions provide one to one support, encouraging and motivating people who are thinking about making lifestyle changes to improve their health

We can give you support around issues such as:

- Smoking
- Healthy eating and your diet
- Exercise and how to make changes
- Alcohol

Champions

Community Health Champions will:

Work with individuals to make a health change. You decide the changes you want to make then we can:

- Plan a programme with you to suit your needs
- Help to keep you on track
- Work with you on behaviour change
- Look at healthy eating options (nutrition, fitness)
- Meet with you on a regular basis to suit, giving you continued support
- Go with you to new activities or to the shops to buy healthier foods
- Support you to find the right professional programme, such as Stop Smoking Services
- Support you in adopting the professionals' recommendations

