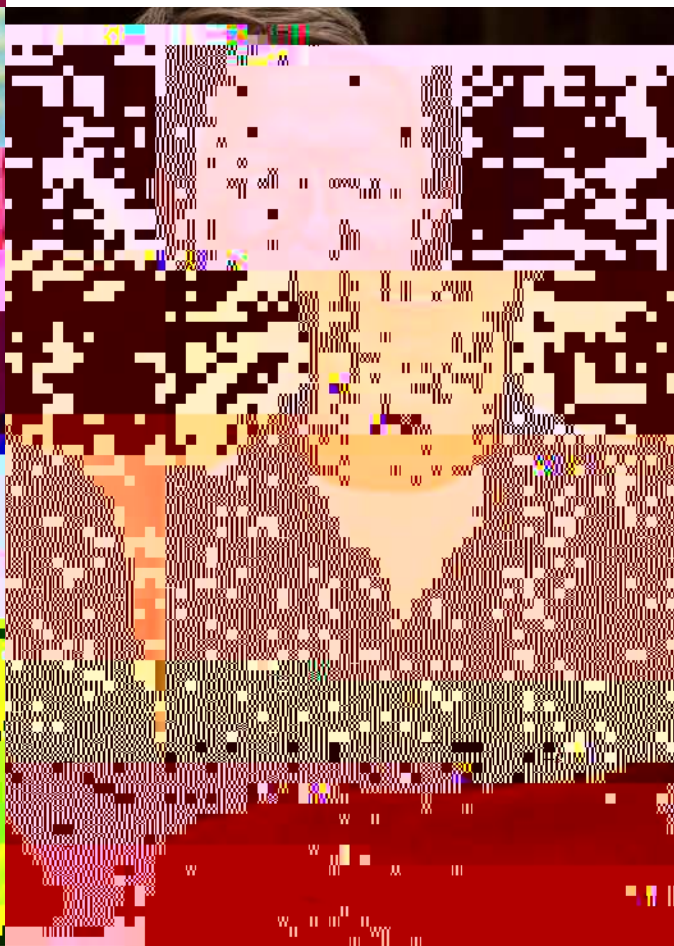


By

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About the Programme

The Health Champion Programme focuses on providing training and support for individuals within SBS Sheds, so that they have the skills and confidence necessary to make positive changes within their communities.

Health Champions will typically:

- Have conversations about health with their peers using an evidence-based approach to supporting behaviour change
- Signpost to local health services

Health Champions will be part of the SBS Shed Structure, and can be any member of the Shed.

Health Champions are not medical professionals and do not provide advice. Instead, they ask the right questions so the people they speak to can explore their own health issues, and make their own plans on how to take control of their health.

By supporting health in the community, the programme aims to encourage men to live healthier lives and seek help for medical conditions earlier, to prevent the development of long-term conditions.

How it works

Each Shed will identify Shedders who are interested in becoming Health Champions. No previous experience is necessary. We recommend the Shed Leader attends the training first, so they can speak to interested Shedders about what the training involved, and whether it's right for them.

Potential Health Champions will attend an initial training session where they will learn how to have conversations about health with their fellow Shedders using evidence-based techniques proven to empower people to help themselves. Training will also cover an introduction to some key men's health issues, confidentiality, safeguarding and signposting.



Trained Health Champions will then return to their Sheds bringing this higher level of awareness of health and wellbeing with them. Having someone who knows how to have healthy conversations within their Shed will create an atmosphere and an environment where men are able to talk about health issues in a sensitive, productive way. Men will feel comfortable talking to someone in confidence, knowing that they won't be judged or be told what to do.

Each area will have a Health Champion Coordinator that will be able to connect Health Champions with the local offer and provide access to networking opportunities for health champions to support each other and share ideas.



Health Champions

Role Objectives:

Trained volunteers act as Health Champions within their SBS Shed to facilitate healthy conversations with their peers in a non-judgemental way and signpost to other services if they are needed. Health Champions receive training and supervision to help them gain the confidence and competence to support health and wellbeing within their Sheds and provided with links to local community and health services.

Responsibilities:

- Have healthy conversations about health and wellbeing
- Provide informal peer support to people who want to maintain or improve their health
- Signpost people who ask for help on a range of health and wellbeing issues
- Reach out to peers showing signs of poor health to start healthy conversations

Health Champions will need to act in a responsible way. This includes:

- Maintaining confidentiality
- Respecting people's choices in a friendly, non-judgemental way
- Having empathy for other people's situations
- Leading by example

Commitment of Time:

Health Champions are volunteers and the amount of time they are able to give will depend on each person's availability. However, it is expected that the volunteer will be available as a Health Champion while they are attending their SBS group. They should attend on a regular basis.

Support for the role:

All Health Champions will operate within local Safeguarding and confidentiality policies, as well as data protection laws. Support will be provided in the form of written guidance, training and advice from the SBS Health Champion Coordinator in your local area.

The SBS Health Champion Coordinator will provide general support for the role and provide opportunities for networking and further development.

Person Specification

Essential Training	Completion of the SBS Health Champion training
Personal Qualities	Be a member of an SBS Shed Ability to maintain confidentiality Non-judgemental Good interpersonal and communication skills Confidence to be able to talk to other people Encouraging and supporting of their peers A good listener Desire to help others Positive outlook Ability to work with a diverse population in a respectful and non-discriminatory way Reliability



How the programme was set up



Why Making Every Contact Count?

Making Every Contact Count (MECC) is an evidence-based approach to behaviour change that utilises day-to-day interactions to support people to make positive changes in their physical and mental health. It is used extensively across public and community organisations in England.

MECC plays a key part in the delivery of the Health Champion programme and has

Duration (minutes)	Topic	Content
45	Lunch Break	
25	Skills Practice	<ul style="list-style-type: none"> • Listening skills • Questioning skills using Open Discovery Questions – How, What • Other communication skills <p>Learning objectives:</p> <ul style="list-style-type: none"> • To understand and apply basic listening skills • To become familiar with healthy conversation skills
45	Tips for having a good conversation	<p>Learn 24 tips for having a good conversation. Key 'do's' and 'don'ts'.</p>

