

Step Health By Champions Step

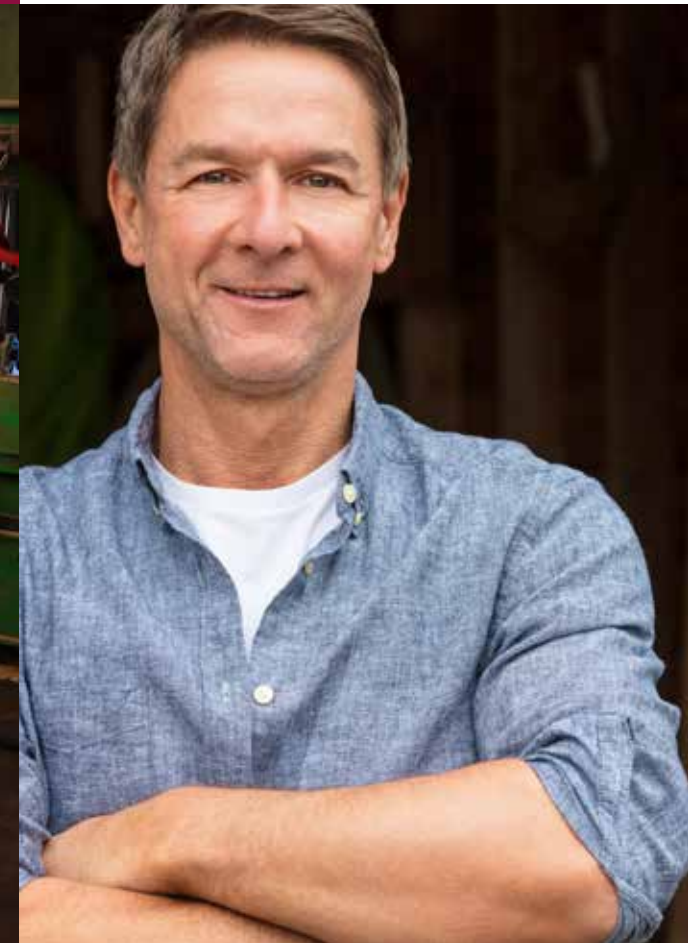
SBS Shed community

Interreg 
EUROPEAN UNION

2 Seas Mers Zeeën

SBS

European Regional Development Fund



PART 1

Overview

1.1. Background

There are a number of 'health champion' schemes in the UK. Some of these focus on general behaviour change, some are ambassadors for specific health issues or charities. None are specific to men and how men talk about and act on their health.

The SBS Health Champion programme has been designed specifically for men and has been co-produced with men across the 2SEAS area as part of the SBS Model to improve men's health, mental health and employability.

Step
Health By Champions
Step SBS Shed community

1.2. Aims

Health Champion programme will;

- Enable healthy conversations within SBS Sheds
- Create an environment that encourages healthy choices
- Support access to existing services, e.g. doctor, specialist services, stop smoking support

Health Champions will;

- Be one of the Shedders
- Talk to the other Shedders about health and wellbeing
- Support Shedders experiencing health issues,
- Signpost to specialist services for advice
- Work with the Shed Leader to make the environment a healthy, supportive one

1.3. How it works

Each Shed will identify at least one Shedder to be a Health Champion. No previous experience is necessary, just an interest in helping their Shed and fellow Shedders, and to be able to look after their own health and wellbeing. Shed Leaders should be able to provide an endorsement or reference for the potential health champion.

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 that help people help themselves. Training will also cover core concepts including confidentiality, the role of a Health Champion, and how to signpost someone to further support.

Trained Health Champions will then return to their Sheds and bring 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 given dubious advice.

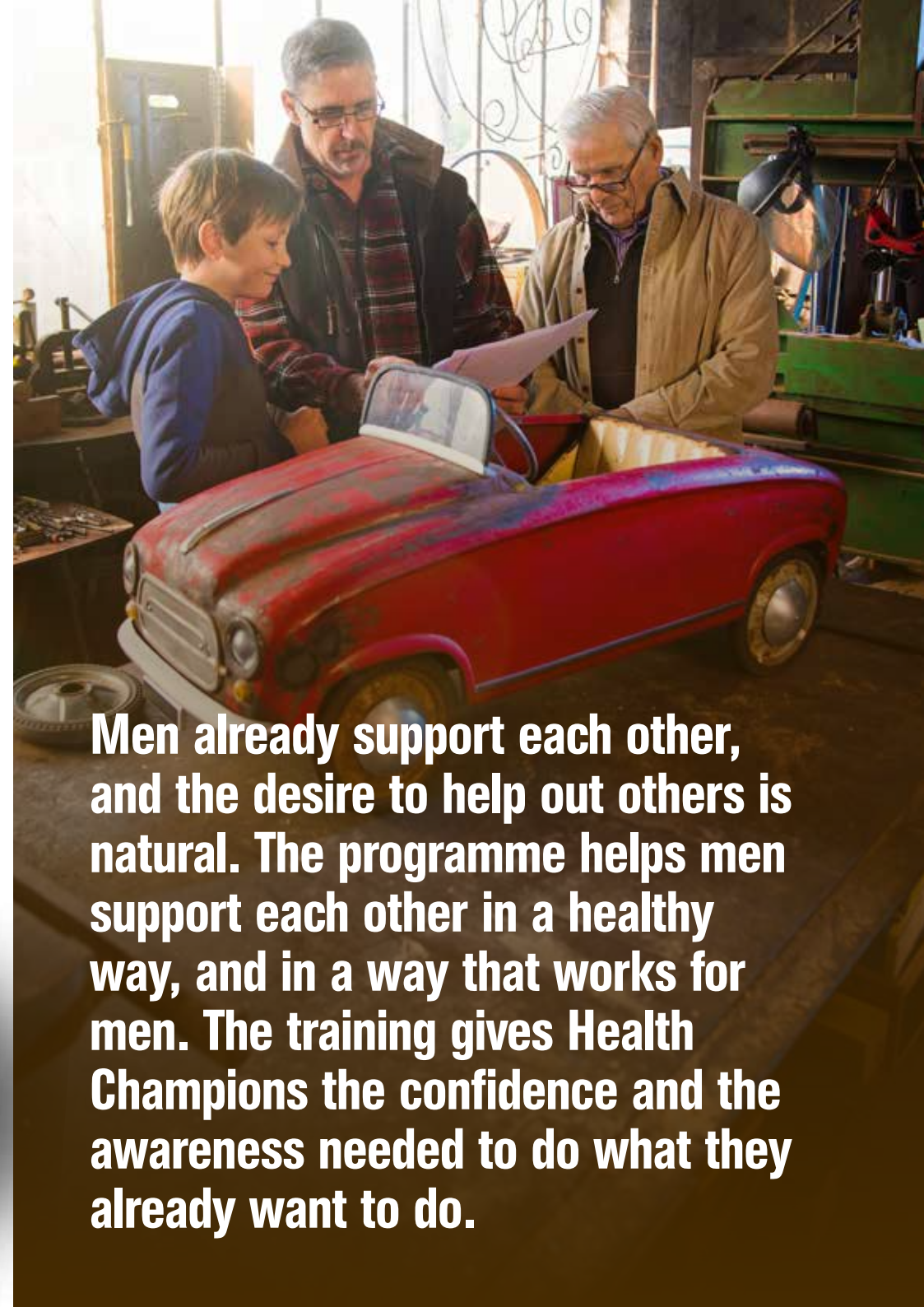
All health champions will have access to further resources to help them develop their roles in line with their personal interests and needs. This may include more intensive training on behaviour change, specific topics such as suicide awareness or alcohol, or access to public health campaigns that they can use in their Sheds.

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.

1.4. Values

The programme is centred on healthy conversations that promote sustainable behaviour change – Shedders already know what is healthy and unhealthy, they just need to be able to make the next step to making changes. Healthy conversations help the Shedders set their own goals and make their own plans and Health Champions can help them achieve their goals by being supportive, providing information and establishing a Shed culture that supports healthier choices.

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Part 2 – Delivery

2.1. How the programme will be set up

During the pilot, each delivery partner will provide the structure to offer training and coordinate the programme locally. They will also provide the governance of the programme and make sure the Health Champions have access to safeguarding and confidentiality support from their organisation.

The coordinator will be responsible for;

- Ensuring training is available
- Promoting training within local SBS Sheds
- Providing support to health champions following training
- Ensuring health champions have access to networking opportunities

Shed leaders will be responsible for;

- Ensuring Shedders are aware of the programme and available training
- Supporting Health Champions to make changes within the Sheds

Health champions will be responsible for;

- Making sure their fellow Shedders know they are available to help
- Following what they have learnt in the training
- Their own health and wellbeing

Health Champions are not expected to give advice and they are not responsible for the actions of fellow Shedders

2.2. How the programme will be rolled out

Each SBS project partner will publicise the programme within their SBS Sheds. Marketing and communications will follow the same key themes and messages across all partners and will;

- Use language that men use themselves
- Focus on positive representations of health, e.g. strength, fitness
- Focus on what it in it for them and their Shed
- Be clear that the programme is focused on men and that this programme if for them
- Be easy to read
- Have an emphasis on practical instructions
- Provide solution-focused information

Each partner will make training available to Shedders who want to become Health Champions and provide a Health Champion manual to support their ongoing role. The manual will include

- Instructions on how to undertake their role, tailored to local men's needs.
- Overview of key health topics experienced by men
- Clear guidance on what to do if they have concerns about the wellbeing of their Shedders
- Taking care of themselves
- Key local contacts

Following training, the Health Champion Coordinator will provide oversight of the delivery of the programme, make regular contact with individual Health Champions to provide ongoing support and ensure Health Champions feel confident in their roles.

It is also important for Health Champions to feel connected to other Health Champions. This will improve their confidence, foster an atmosphere of mutual support and protect their own wellbeing. Health Champion Coordinators will arrange local networking opportunities within each area to connect Health Champions on a regular basis. In addition, SBS project partners will create opportunities for Health Champions to connect with Health Champions in other countries to support collaboration and connectivity across borders.

2.3. Training

Health Champion training will consist of a 1 day (6 hours) training course which focuses on healthy conversation and communication skills. Training will follow a core outline in each SBS partner location but will be delivered in a way that meets local needs.

Training will cover;

- Awareness of some of the issues that men face with their health and access to health care
- Healthy conversations training
- How to signpost to other services
- The importance of confidentiality
- Your role as a health champion
- Further opportunities

Some delivery partners may want to add use of a health kiosk to the training package.

Following successful completion of training, Health Champions will be provided with recognition of their achievements for example, through provision of certificates.

Further training will be facilitated by the local Health Champion Coordinators and will depend on the needs identified and what is already on offer. Examples of the type of training that could be offered depending on local availability are;

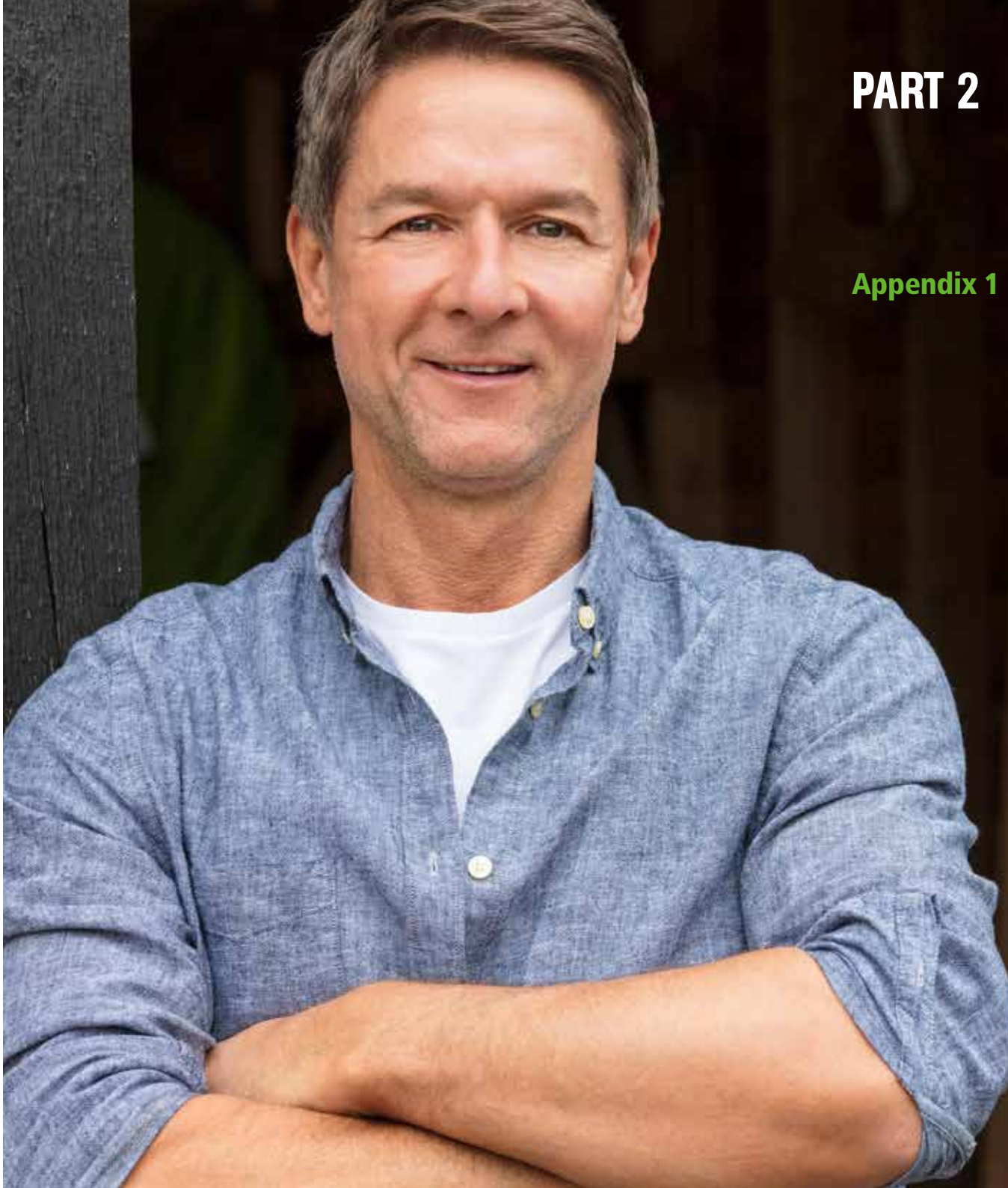
- Mental Health First Aid (UK)
- Making Every Contact Count (UK)
- Connect 5 for mental health (UK)
- Suicide awareness
- Stop Smoking Very Brief Advice (online module)
- Alcohol brief intervention (online module)
- Nationally recognised qualifications

2.4. Programme improvement and evaluation

The Health Champion Programme will be continually improved throughout the pilot. Feedback will be reviewed across all project partners on a regular basis to tweak the programme. This will include listening to trained Health Champions and Shed Leaders on what needs to be changed and acting upon these changes.

Locally, each partner will monitor the uptake of training to ensure as many Sheddors as possible have access to the programme. They will also monitor the quality of training and delivery to make sure the programme is consistent across all programme areas / delivery partners, and meets the project aims.

The Health Champion Programme will be evaluated as part of the SBS project evaluation.



PART 2

Appendix 1 - Health champion role profile

SBS Health Champion

Role Profile

Role Objectives:

Trained volunteers act as 'Health Champions' within their SBS Shed to support healthy conversations and healthy environments within a non-judgmental setting.

The primary role of the health champion is to facilitate healthy conversations with their peers and signpost to other services if they are needed. They act as a link between their communities and the SBS project to ensure SBS members can improve their physical and mental strength and fitness.

Health Champions receive training and supervision to help them gain the confidence and competence to support health and wellbeing within their Sheds and through other community links.

Main Responsibilities:

- To have healthy conversations about health and wellbeing
- To provide informal peer support to people who want to maintain or improve their health
- To signpost people who ask for help on a range of health and wellbeing issues, including:
 - Mental Health
 - Smoking
 - Alcohol
 - Domestic Abuse
 - Drugs
 - Diet

- Gambling and gaming addictions
- Sexual Health
- Exercise
- To provide a link between the SBS project and the local community on health-related matters through networking events
- To help to make health an integral part of the SBS project through engagement with peers on health topics and creating an atmosphere where people can talk about health in a responsible way without stigma
- To provide support for people using the health kiosk if there are no staff available
- To reach out to peers showing signs of poor health to start healthy conversations

Expectations of behaviour:

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
- Working closely with the SBS volunteer coordinator and following their advice and guidance
- Show a commitment to improving the health and increasing the positive participation (inclusion) of others

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.

Recording information:

Health Champions will need to keep records of how many people they have spoken to, general topic areas/broad themes that are emerging over time and may be asked to share this information with the SBS project team through focus groups, interviews or simple questionnaires. This will only be used to help the project partners understand the needs of local men, ensure the project can meet their needs and determine whether the programme is working. No confidential or personal identifiable data will be requested.

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, further training and programme development.

Health Champions will also have access to support from other Health Champions and coordinators through SBS networks, as well as support from the SBS Shed Leader and SBS project teams.

Future opportunities

Completion of the Health Champion training will provide a foundation in health conversations training.

Health Champions will be able to access further training in specialist topic areas that complement their Health Champion role, including (but not limited to) suicide, mental health, smoking and alcohol. Training is subject to local availability.



Person Specification

Essential Training	Completion of the SBS Health Champion training
Essential 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
Desirable Qualities	Personal knowledge and understanding of the local community's needs and experience Ability to think about the needs of the whole group Personal experience of overcoming health issues or making positive changes in your life Ability to keep people motivated to improve their health Ability to network with other community organisations to help raise health awareness Awareness of health issues and their impact on quality of life and mental wellbeing Awareness of the wider determinants of health (genetic, social, environmental factors that influence a person's individual health) Knowledge of local services and how to access them

Notes

About Step by Step (SBS)

Step by Step (SBS) is a collaboration between 10 organisations to develop and test a new model of community mental and physical health improvement for men.

The model has been designed to

- empower men to move from poor health and/or isolation to healthy social participation or active engagement in the labour market.
- promote a culture in which all citizens in all regions will have the confidence to make sustainable positive changes in their lives benefitting themselves & society.
- Contribute to healthier individuals, families, communities & workforces

The SBS model's primary aim is to engage with men in their local communities, particularly those who may be socially isolated and suffering from poor mental health or poor wellbeing. However, the project also be open to women who will be very welcome to use the new SBS services.

For more information and to find your local partner visit www.sbs-wellbeing.eu

About Interreg

Interreg 2 Seas 2014 -2020 is an EU programme facilitating cross-border cooperation between England, France, the Netherlands and Belgium.

SBS has been funded as part of the programme's technological and social innovation priority. SBS's specific objective is to increase the development of social innovation applications to make more efficient and effective local services.

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