

Expression of interest in becoming a Practice Health Champion

Name of your practice:	Station Road Surgery	
First name:		
Last name:		
Home address:		
Postcode:		
Email address:		
Preferred telephone no:		
Please tell us a little about why you are interested in working with us as a Practice Health Champion.		
Do you have any special requirements to enable you to get involved (e.g. wheelchair access, sensory support etc.)? Let us know if there is anything you would like to chat to us about.		
How often would you usually be available to volunteer with the practice (please tick)?		
<input type="radio"/> 3+ hours a week	<input type="radio"/> 1-2 hours a week or less	<input type="radio"/> A couple of hours a month
It is very important that you are able take part in our one day workshop before becoming a Champion. Please confirm that you are available on the following date:		
Wednesday 10 th April, 9.30am – 4pm Yes / No		
Please post or email your form to the practice Email: Station.road@nhs.net		

What happens next?

- A member of the team will get in touch with you to chat about your application
- If you are offered a place as a practice champion, you will be required to complete a DBS (Disclosure & Barring Service) check.

What are 'Practice Health Champions'?

- Champions are people who voluntarily give their time to work alongside staff in their local GP practice.
- Champions help to meet the non-clinical needs of patients, for example isolation, loneliness or learning to live well and cope with a long term condition. As a result this can mean some patients need to see their GP less often.
- Champions develop responses to issues that they feel passionate about and that are a priority to their practice, for example new groups and activities to support the health and wellbeing of the local community.
- Champions are supported to work alongside surgery staff as equals and are invited to share their local knowledge, skills and interests with the practice.

What do PHCs do that practice staff don't already do?

- Because Champions are from the local community, they have local knowledge and can use this develop approaches that they know the community will respond to.
- The challenge that all GP practices face is to support an increasing number of isolated older people and people with long term conditions such as diabetes and mental health problems to live life to the full. The best response to these problems often involves supporting people to make changes which are social rather than medical. Champions are good at thinking of ways to meet these non-clinical needs.
- Champions can help improve decision making in GP practices because they bring local knowledge into the practice and can share ideas about how services could be improved, based on their experience of living in their community.
- Champions are able to help develop stronger links between GP practices and the communities they serve; as well as sharing local knowledge with GPs, they can share knowledge about the practice with local people, helping them make the best use of GP services.
- **Champions do not have access to any personal information or come into contact with medical records for any other patient.**

What kind of support can Champions offer?

Some things Champions MIGHT do:

- ✓ Develop social or peer support groups and activities
- ✓ Work in pairs or as a bigger group
- ✓ Help people find their way around the practice (eg using check in screens)
- ✓ Let people know what's going on locally
- ✓ Help the practice with its work – for example at flu clinics
- ✓ Take part in meetings with the practice
- ✓ Attend local and national Champions' events

Some things Champions WON'T do:

- × Work alone with patients
- × Give medical advice or recommendations
- × Have access to confidential information about others
- × Help people to jump the queue
- × Put themselves in risky situations
- × Assist with any personal or clinical care
- × Home visits