

Cheadle Medical Practice



Practice Community Champions: an exciting partnership between your GP practice and patients

What is a Practice Community Champion?

- Champions are people of all ages and backgrounds who voluntarily give their time to work with their GP practice to support people within the local community.
- Champions help the practice to meet the non-clinical needs of patients, for example, organising or finding social, creative and other enjoyable activities to help people who may be feeling isolated, lonely or learning to live with a long term condition.
- They complement the work of GP practice staff.

Who can become a Community Champion?

Community champions are patients who volunteer with their GP practice to support local people to improve health and wellbeing. We are looking for people who:

- Want to develop and/or share their own passion, skills, knowledge or life experience to benefit others
- Are happy to talk, listen and work together with different people and community groups
- Show equal respect to all kinds of people
- Are able to understand the boundaries of the role and respect confidentiality
- Are able, or willing to learn, to connect with others through mobile apps or email

Why have Practice Community Champions?

- All GP practices are supporting increasing numbers of isolated older people and people with long term conditions, such as diabetes, heart disease or mental health problems like anxiety and depression.
- The best response to these problems often involves supporting people to find social or creative activities, alongside the medical support they need.
- General Practices are usually at the heart of a local community and experience shows us that many patients would like to do something to benefit both the practice and the community.

Community Champions are already working with three practices in Stockport and we now want to find volunteers for Cheadle Medical Practice. The examples below will give you an idea of what Champions are already doing, but fresh ideas are welcome too.

Examples of some things Practice Community Champions in Stockport are doing	
Developing and running social or peer support groups, such as a 'stitch and natter' group, dementia café, Walking group	Organising health days, such as a women's cancer information event
Having conversations in the waiting room to let people know what's going on in their locality	Developing a community garden and allotment for local people to garden in and enjoy
Helping people to find their way around the practice e.g. how to use the check-in screens	Creating a directory of community activity for the practice waiting room

What type of things might champions do?	What type of things won't champions do?
Talk informally to other patients e.g. in waiting room	Work alone with patients or visit people in their home
Take part in planning meetings	Give medical advice or recommendations
Tasks to help the champions group to meet	Have access to any personal information or come into contact with medical records.

Develop and run activities or events	Help people jump any queue
Work in pairs or part of a bigger group	Put themselves in any risky situations
Attend local champion network events	Assist with personal or clinical care

*Interested? Please complete and return our **"Expression of Interest"** form by 9.00am 16th October*