

Health Champions

About the project

We trained volunteers to support people using Community Mental Health Services with their physical health. Volunteers and service users met once a week over a period of nine months.



Participants

- Out of 48 participants, 27 had a Health Champion and 21 did not;
- They completed questionnaires before and after the intervention;
- 16 participants with Health Champions were interviewed.



Their experience

- Participants didn't make any changes to questionnaire scores but did make changes to their health;
- These included losing weight and being more active;
- People with a Health Champion enjoyed the experience.



Health Champions

- 26 Health Champions were recruited from the local area;
- 16 were interviewed at the end of the project;
- They all benefitted from being a Health Champion.



Their experience

- It was usually easy for them to fit the role into their life and routine;
- They enjoyed meeting new people and feeling useful;
- They learned more about mental illness.

Key findings



Participants benefitted from having a Health Champion and were able to make the changes they wanted. They valued the relationship and liked having someone who was interested in them. Health Champions benefitted by meeting someone new, feeling helpful, and learning about mental health.



Just talking to someone, being able to share. That was really nice, being able to trust someone.



I wasn't made to feel like a patient or a client - I was treated as a person.



It helped with my self-confidence, and encouragement to do things and turn negative things round to being positive.



Find out more

You can find out more about the IMPHS Health Champions project by visiting bit.ly/Health-Champions or scanning the QR code.

