

How to become a Health Champion

If you are interested, we will train and support you to become a Health Champion. You will use your knowledge and skills to promote health and wellbeing locally. We will encourage you to tackle the issues that matter most to you and your community

Health Champions

Your community
needs people just
like you!

“it’s all about developing
yourself to share your
experience to help others”

Please contact the

Community Engagement Team to arrange a chat and find out more about how you can become a Health Champion for your community

Contact the Community Engagement Team on:

(01952) 217474

engage@telfordpct.nhs.uk



Would you like to make a real
difference to the health and
wellbeing of people around you...



Who are Health Champions?

- Anyone can become a Health Champion
- Health Champions are volunteers
- We recruit people of all backgrounds, ages and experiences who care about the health of their community

What does a Health Champion do?

Health Champions support people of Telford and Wrekin to become healthier by:

- raising awareness of healthy living in a variety of ways
- giving information about local services
- helping to identify local health issues
- developing their own ideas to improve health in the community

