

# DO YOU 'DO YOUR BIT LOCALLY?'

## WOULD YOU LIKE TO BECOME A COMMUNITY CHAMPION FOR NEWARK



Newark & Sherwood CVS

Community Champions are working with us to help to improve the health and wellbeing of people in Newark and Sherwood.



Chances are you have been approached as you already are a 'Community Champion' in the area. By this we mean that you are someone who is working towards improving things in your community and you are already involved in projects which help to make Newark and Sherwood a better place to live.

We are asking Community Champions to help us to share information on health and wellbeing. Why you? Because you are trusted voice within the community and locally people are more likely to listen to what you have to say.

## THE HEALTH OF OUR COMMUNITY

Unfortunately, Newark and Sherwood doesn't do very well as far as the general health of our population is concerned. We have higher than average rates of people living with a limiting long-term illness.

A third of Newark and Sherwood residents are inactive or fairly inactive. This is worse than the national average.

**Life expectancy is lower for men and women in the most deprived areas**

**8.4 years      8.3 years**



Also, more local adults are classified as overweight or obese compared to the national average.

If you live in some parts of Newark and Sherwood not only are you more likely to have long-term health problems, but your life expectancy is a shocking 8.4 years lower than in other parts of Nottinghamshire. Would you like to work with us to help to reduce these local health inequalities?

This is not a problem which is solved overnight, but Community Champions can help by making sure that we all have access to information and work together to support measures to improve the health of our community.

## WHAT CAN YOU DO? THE FIRST TASK...

For the last two years, the NHS and government (with the help of the voluntary sector) have been working together to protect and support people around Covid-19. This has resulted in the biggest and most ambitious vaccination campaign ever delivered in the UK.



Some people have not yet been vaccinated against Covid-19. This can be for all sorts of reasons: they may have worries, concerns, or questions, they may have decided against having a vaccination, or they may have simply not got round to it for one reason or another. We are supporting the NHS to make sure that everyone who wants to can access a vaccine, and that they have the facts they need to make an informed choice.

One really important role of the Community Champions is to help us to get information out there. Equally important, we want you to help us to listen to our communities, so that we can develop community-driven solutions where barriers exist.

## WHAT ELSE?

The pandemic has had a daily impact on our lives over the last two years. We had to deal with a surge in mental health issues as we struggled with the isolation arising from months of uncertainty and lockdown. Some of us lost loved ones and had to grieve these losses without access to the support of friends, family and services. The pressure on the NHS and Social Care has been immense, and lockdowns meant that services had to be pared down as we navigated this crisis.



Can you help us by making sure that health messages and information on changes to the delivery of services are communicated well and reach everyone?

Equally important, you could be our 'ear to the ground' helping us to identify problems as they arise. This way, we can all work together to find solutions that work locally and reduce the impact of changes in service delivery.

We may also ask Community Champions to feedback to us around issues such as dentistry, and ask you to help us to promote health events and services in your area.



For example, a lot of people don't realise that a chat with your pharmacist can be a quick and easy way to access the treatment you need when you need it. More important than ever as the pressure on GP services grows.

We need you not just to help us to get the message out there, but to help us to find the best way to talk to our communities so that everyone feels included.

## FUNDING

As you know, community groups and organisations are brilliant at making small amounts of funding go far. We also have a small pot of funding and are hoping to support some of the wonderful things you do locally. So, if a small grant could make all the difference to the health and wellbeing of local people, pick up the phone and talk to us about your idea.

## WANT TO KNOW MORE?

To find out more about becoming a Community Champion please contact our team:

 **01636 679539**

Or Email:

[information@nandscvs.org](mailto:information@nandscvs.org)





Newark &  
Sherwood CVS

Have you got  
what it takes  
to become a  
Community  
Champion?



**Contact**  
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**Sherwood CVS**  
**to find out more**

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