

## **Champions Show The Way – Service Summary**

Champions Show the Way (CSTW) is a volunteer led district wide programme funded through the Wellbeing Fund providing free community based activities which are aimed at improving health and wellbeing. A small staff team of 8 people supports around 250 volunteers to set up and deliver relevant activities within local communities. We have approximately 1200 referrals per year. CSTW work with anyone aged 18 or above, people with long-term health conditions and/or recently been discharged from hospital or a rehabilitation service. However, we do not exclude people who do not fit the above criteria.

Volunteers are recruited, inducted and DBS checks are carried out prior to them being able to lead activities. Many volunteers bring experience and skills that they wish to share with others. Their enthusiasm and commitment is appreciated, the staff team endeavours to support and develop champions during their volunteering role within CSTW. In addition to staff support, Champions are supported through additional training, champions' network meetings and events.

The activities we offer include Health Walks, Arts and Crafts, Dementia Friendly groups, Healthy Weight Programmes, Memory Bank, Reading Groups, Relaxation Sessions, Singing and Music groups, Wellbeing Recovery Support Groups and many more. Our activities aim to improve health and wellbeing through reducing isolation, improving physical and mental health. Our activities are monitored and we record feedback for our funding purposes. We also use Friends & Family Test to report feedback. Often the feedback from participants is very positive about the impact upon the participant and those around them. This positive experience can inspire participants to go onto volunteering as they feel they have benefited from the service and want to give something back in return so that others can benefit.