**Health champion “bite-size” taster session**

The following guidance is for the health champion “bite-size” taster session course designed by West Lancashire Council for Voluntary Service to support local people in their conversations around health and to improve the uptake of self-care locally. We originally designed it in 2016 as part of a “Level Crossing” project to increase uptake of self-care in West Lancashire, and as part of Well Skelmerdale (one of 10 Well North pathfinders).

**Who is the course designed for?**

We have found that some community members without a specific health and wellbeing role are interested in promoting health but are not sure whether a formal qualification is the right choice for them. In some cases, individuals are unsure whether they can complete a Level 2 qualification for a variety of reasons, such as length of time since last having attended any formal learning, or the lack of any prior formal qualification. For some, having the chance to absorb some key messages in a short, unaccredited session without the pressure of an examination is important, or to have a more structured conversation about adopting healthier lifestyles.

**Delivery**

The “bite-size” taster can be run as a 2-hour session, or 2.5 hours, depending on the learners. It can, in fact should, be delivered informally: we recommend that facilitators have national or local health information (leaflets) to hand and some news stories to make it as ‘hands-on’ as possible. There are no PowerPoint slides: the course works best with a small group of around 4-6 people around a table.

**Learner workbook**

The workbook is designed as a take-home document: facilitators may find that they generate a looser conversation based on the contents, complete the quiz together with the learners at the end of the session, and leave the learners to go through the workbook details in their own time later.

**Trainer/facilitator**

The workbook with the answer key is for the facilitator, whom we recommend has the RSPH Level 2 Award in Understanding Health Improvement qualification and some experience of working within a community setting/ with volunteers.

For further information or to commission this course please contact:

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