**Health Champions: brief interventions**

*A “brief intervention” is about raising awareness of healthy lifestyle issues and assessing a person’s willingness to engage in further discussion. Usually given opportunistically. A key activity carried out by local health champions (promote health; offer information; signpost to services).*

*(Based on ‘smoking brief interventions and referrals’ guideline* [*https://www.nice.org.uk*](https://www.nice.org.uk)*)*

*Local examples***:**

* Signposted a family member with learning disabilities and complex mental health needs to the OneYou app when they learnt that learning disabled individuals were more likely to suffer poorer health. They stated they wished to lose some weight and get more active.  They particularly liked the way the app was more "like a game" than a form.
* Referred the person to the Eat Well Guide. It’s very useful – also on how much water to drink per day.
* Adapted a Healthy Home Assessment and talk to the clients about their eating habits. With the majority being 70+ my emphasis is eating and drinking sufficiently as well as eating healthily. Certainly if I hadn’t been on the course I wouldn’t have included this in the work I do when visiting clients.
* Chatted to individuals at a U3A event who were seeking information on self-care for themselves or for others with type 2 Diabetes. Shared information on healthy eating, the benefits of physical activity and on sources of help around self-care such as the “Level Crossing” project.
* Over the telephone with a friend who had restarted smoking after many years following a sudden bereavement. Discussed relaxation classes, resuming contact with friends, revisiting previous successful method and smoking cessation offered by NHS.
* Discussed local activity with an individual with learning disabilities who is a wheelchair user. Provided details of local wheelchair basketball club when they expressed an interest in keeping fit.
* Referred a neighbour to the local pharmacist as she had a cough but wasn’t doing anything about it and was struggling to get a GP appointment. As it turned out, she knew someone at the pharmacy and felt comfortable about going there.
* Spoke to an individual with Type 2 Diabetes. Passed on information about the “Level Crossing” project, linked the person to resources online and connected him to two other men who have reduced blood glucose levels for ongoing peer support.