Health champion “indoor picnic”

**12th July 2016, Certacs House, West Lancs CVS**

At our “indoor picnic” we did some Ketso (http://www.ketso.com/)

What is Ketso?

Ketso (‘action’ in Lesotho) is a toolkit for giving people space to talk and share ideas in a creative way, using a felt workspace. The photographs below show the Ketso in action.

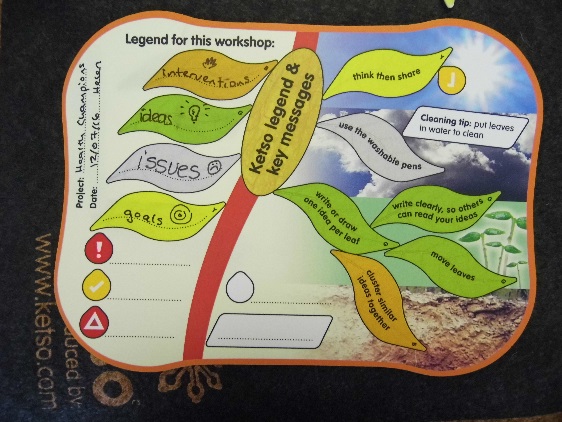
There were 12 of us altogether during the Ketso.

Our Ketso

At the centre of our workspace we had the **health champion role**, the ‘tree trunk’. We then had six branches: self, individuals, groups, communicating, connecting and training.

We added four types of leaves to our branches:

* **brown** (“the soil”) - for ‘brief interventions’ (how had we helped?)
* **green** (“new shoots”) - for ideas
* **grey** (“rain clouds”) - for barriers
* yellow - for future goals (what next?)

**The results**



|  |  |
| --- | --- |
| Total ideas | **67** |
| Ideas per participant | **6** |

*What we decided is important*:

* **Spread the word** - more public information (tell people what a ‘health champion’ is!)
* Health messages via **digital means**, social media etc.

*What will move us forward*:

* **Mindful** – think mindfully.
* **"Bite size" health champion courses**. Step people into the role/the qualification. Taster sessions will make it easier for local people to learn about health and lifestyle change; they allow people to participate and to meet others, creating connections.

**The leaves in detail**

|  |  |  |
| --- | --- | --- |
| communicating | 1 How have you helped? (Interventions) | helping clients DAWL |
| communicating | 1 How have you helped? (Interventions) | reading out the daily health news at work! |
| communicating | 1 How have you helped? (Interventions) | signpost |
| communicating | 1 How have you helped? (Interventions) | signposting through Facebook and Twitter |
| connecting | 1 How have you helped? (Interventions) | mug club |
| connecting | 1 How have you helped? (Interventions) | listen. Pass on information |
| connecting | 1 How have you helped? (Interventions) | offer advice, info |
| groups | 1 How have you helped? (Interventions) | bowel cancer screening project- bowel buddy! Bowel bingo! |
| groups | 1 How have you helped? (Interventions) | community choir - singing for health |
| groups | 1 How have you helped? (Interventions) | Divine Days. Timesavers. Puppets and storytelling. |
| individuals | 1 How have you helped? (Interventions) |  |
| individuals | 1 How have you helped? (Interventions) | thinking about my own bad health habits |
| individuals | 1 How have you helped? (Interventions) | helped a neighbour over benefits |
| individuals | 1 How have you helped? (Interventions) |  |
| individuals | 1 How have you helped? (Interventions) | conversation at the gym |
| individuals | 1 How have you helped? (Interventions) | family - sugar down - veg & fruit up! |
| individuals | 1 How have you helped? (Interventions) |  |
| individuals | 1 How have you helped? (Interventions) | support, help! |
| individuals | 1 How have you helped? (Interventions) | told someone about the pharmacist |
| individuals | 1 How have you helped? (Interventions) | helped a neighbour over benefits |
| individuals | 1 How have you helped? (Interventions) | dementia friend |
| self | 1 How have you helped? (Interventions) | smoking clinic with friends |
| self | 1 How have you helped? (Interventions) | ECigs |
| training | 1 How have you helped? (Interventions) | Dementia Friends training |
| ! communicating | 2 New ideas? | health message via digital means, social media etc. |
| ! training | 2 New ideas? | "Bite size" health champion courses with Helen |
| communicating | 2 New ideas? | encourage family members, friends |
| communicating | 2 New ideas? | talking to mums at school gates |
| connecting | 2 New ideas? | asylum seekers |
| connecting | 2 New ideas? | Well Skem links |
| groups | 2 New ideas? | to design an age group for self help |
| groups | 2 New ideas? | developing new groups, new activities |
| groups | 2 New ideas? | Sandy Lane pop-up cafe |
| groups | 2 New ideas? | International cafe - Concourse |
| groups | 2 New ideas? | PULSE |
| individuals | 2 New ideas? | more knowledge over what to do next |
| training | 2 New ideas? | suicide awareness training |
| communicating | 3 Barriers? | media - conflicting messages/overload |
| communicating | 3 Barriers? | confidence |
| connecting | 3 Barriers? | not being "local" enough! |
| connecting | 3 Barriers? | do not have contact with vulnerable people |
| groups | 3 Barriers? | fear! (men - of seeking advice) |
| groups | 3 Barriers? | joining something social to help goals |
| individuals | 3 Barriers? | crisis mode - people go back to old behaviour |
| individuals | 3 Barriers? | financial and time constraints |
| individuals | 3 Barriers? | life happens! |
| individuals | 3 Barriers? | being ready for change |
| individuals | 3 Barriers? | self-medicating |
| individuals | 3 Barriers? | diet |
| individuals | 3 Barriers? | pressure from other family members |
| individuals | 3 Barriers? | acceptance of change |
| self | 3 Barriers? | lack of motivation |
| self | 3 Barriers? | motivation other issues |
| self | 3 Barriers? | feeling hypocritical when not all of my health habits are good |
| self | 3 Barriers? | fear, worry |
| self | 3 Barriers? | addictions |
| self | 3 Barriers? | not having enough nicotine in eliquid |
| ! communicating | 4 Goals - what next? | spread the word - more public information |
| ! self | 4 Goals - what next? | mindful |
| communicating | 4 Goals - what next? | online group - community i? Facebook? ideas sharing |
| communicating | 4 Goals - what next? | a full day of activity?! |
| communicating | 4 Goals - what next? | have one conversation with someone this week |
| communicating | 4 Goals - what next? | a forum? how formal? |
| connecting | 4 Goals - what next? | connect new people e.g. into "Bitesize" courses |
| groups | 4 Goals - what next? | have health champions share ideas |
| self | 4 Goals - what next? | get more people involved! |
| self | 4 Goals - what next? | try to reach out to more neighbours! |