

The study

We know that people who use mental health services often have physical health problems. It can be difficult to navigate services in the community or feel confident in accessing those services. We want to find out if having support from volunteers can help service users with serious mental illnesses with this We are going to evaluate whether it works in a pilot research study.



Contact Us

If you are interested in taking part as a volunteer in the study, have any questions or require more information please contact:

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Health Champions leaflet v1 14.01.2020 IRAS
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Health Champions Programme



Would you like to
volunteer to
help people
with their
physical health?

Health Champions Programme

Health Champions is a new programme of volunteers offering service users in SLAM community teams support with physical health.



What does volunteering involve?

As a Health Champions you will be matched with and then asked to 'buddy' with a service user for a period of 9 months. Initially we would like you to help the service user decide on personalised SMART goals that relate to their own physical health improvement aims. Then we hope that you would meet with them on a weekly basis, to support achieving the goals.

Version:

We would also expect Health Champions to keep a weekly log of their contact with the matched service user. This will be used by the project team to evaluate the Health Champions Programme success.

Who can volunteer?

You can volunteer if you are over 18.

You'll need to pass a Disclosure and Baring service check, Occupational Health questionnaire, attend training and supply two references before you can start volunteering with us because most of the roles will involve contact with vulnerable adults.

We ask all volunteers to commit for nine months so we can create long-lasting and meaningful volunteering roles.

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What specific help and support do Health Champions get?

- targeted training relevant to the study
- access to a physical health resource list to support your work in the community
- opportunity for regular supervision
- individual support from the Volunteer Co-ordinator