

## Self Care Champion role within Community Partnership 6 area

### Introduction

This role is to encourage collaborative working to enhance personalised and preventative care and support for people living in the local community area.

### Aim

The aim of the Self Care Champions role is to work with local residents, GP practices, voluntary and community organisations, volunteers and others involved in the CP6 community to support and promote self-care through a collaborative approach.

### Objectives:

The Self-Care Champion will:-

- Develop an understanding of and connect with groups, services, volunteers and health apps that can offer people a range of alternative care, support and interventions.
- Source and promote self-care activities and events within the GP practices and the wider CP6 community.
- Promote and / or deliver self-care / wellbeing interventions.
- Build relationships with voluntary and community organisations and build and maintain a local 'directory' of services.
- Attend self-care network meetings to share ideas and best practice with other self-care wellbeing roles, e.g. health trainers, community connectors.
- Link with GP practices in the area to work with their 'top attenders', supporting and developing other approaches with them to manage their health and wellbeing where appropriate and possible.

### Outcomes:

Overall the Self-Care Champion role will assist to:

- Develop working between GP practices and the other health and wellbeing activities that are being delivered across the area.
- Improve understanding of local voluntary and community organisations and other wellbeing activities and support (such as health apps) so that everyone working within the partnership area, and in particular residents, can feel more confident to refer to and use these.
- Improve resident's overall experience of health and care services by referring to a range of 'alternative' services that improve their health and wellbeing, including attending groups and sessions and using health apps.
- Increase people's confidence to self-care and manage their own conditions.

### General

- Collate data and produce monitoring monthly reports.
- Collate case studies and data for internal systems.
- Arrange meetings including booking and preparing.
- Follow company procedures on legal obligations regarding health and safety, equality and diversity and environmental sustainability and promote a culture of social responsibility.

## Knowledge, Skills & Experience

- Able to use the full range of Microsoft Office to a good level.
- Experience of dealing with people that have a range of health issues, concerns barriers and complex life styles.
- Focused on results and meeting deadlines.
- Able to prioritise work and make decisions in line with objectives.
- Excellent communicator verbally and able to produce clear, concise written information.
- Experience of working with partners.

## Personal Qualities

- Highly personally motivated and positive in attitude.
- Good organisational and time management skills.
- Punctual and reliable.
- Committed to improving health and well-being in local residents
- Will take the initiative and develop solutions to problems
- Respects rules of confidentiality & behave in a non – discriminatory manner

## Reporting requirements

It has always been difficult to capture the outcomes of performance in relation to self-care but new developments such as individuals access to clinical systems will help capture data around individual resident's confidence to manage their conditions and their take up of other services and support. The increased use of new technology will also assist performance indicators as social prescriptions and referred Apps can be monitored and their use measured.

## Progress reporting templates

<b>Template B to be submitted:</b> <i>28<sup>th</sup> September 2018</i> <i>25<sup>th</sup> January 2019</i> <i>31<sup>st</sup> May 2019</i>	
<b>CP6 Community:</b>	
<b>Name of person completing the report on behalf of the CP6 Community:</b>	
<b>Date report completed:</b>	
<b>Outcomes to be delivered</b>	<b>Evidence</b>
Develop collaborative working between GP practices and the wider services that are being delivered across a CP6 footprint	

<p>Improve understanding of the VCS and other wellbeing roles so that everyone working within the CP6 community can feel more confident to refer and use these services.</p>	
<p>Improve people's overall experience of health and care services by offering a range of alternative services that improve their health and wellbeing.</p>	
<p><b>Outcomes to be delivered</b></p>	<p><b>Evidence</b></p>
<p>Increase people's confidence to self-care and manage their own conditions</p>	
<p>Additional comments/information as required:</p>	