

# Community Health Champion Newsletter



Issue 2: November 2023

Welcome to the newest edition of the Community Health Champions newsletter. With the network growing, 26 new Champions have come onboard since April 2023!

## Northumberland Wellbeing Walks



Did you know that we have recently partnered up with The Ramblers to provide free Walk Leadership training to Northumberland residents?

The scheme means that local residents can receive training to enable them to create their own walking group, whilst being covered through The Ramblers Insurance and public liability.

Anyone interested in taking part in the training to become a Walk Leader should contact:  
northumberlandwellbeingwalks@northumberland.gov.uk

To find out where our Walk Leaders currently lead walks in Northumberland, check out the Ramblers Wellbeing Walks webpage [here](#).

## Know Your Numbers!

Know Your Numbers! Raises awareness of high blood pressure, encouraging all UK adults to get a blood pressure check. In support of this campaign, our Health Trainer service set up 'pressure stations' across Northumberland and offered free blood pressure checks to anyone who wanted one!



## New Healthy Lifestyle website



A new website has been launched to help Northumberland's residents improve their lifestyle and offer free support to develop healthy habits.

The website allows people to access help, information and encouragement from Northumberland's Health Trainers.

Check it out [here!](#)

## Keeping warm this winter

Warm spaces are places people can come together in a warm, safe, welcoming space and maybe enjoy a hot drink, a sit down and a chat.

Voluntary groups, community organisations and others have all come together to create a network of warm spaces across Northumberland.

[Find my nearest Warm Space](#)



## C H A M P I O N

Sharon Parmley, Ashington Town Council, has recently completed the Community Health Champion Programme and uses the skills and information gained, to signpost people to health and wellbeing information and services across Northumberland.

Sharon has created a page on Ashington Town Councils website dedicated to health and wellbeing, check it out [here](#).

Sharon also shared her experience of the Community Health Champion Programme on Facebook, where her post reached over 300 people!



## WHAT'S NEW?

Have you got any information that you'd like to share?  
If so, email [aimme.boldra@northumberland.gov.uk](mailto:aimme.boldra@northumberland.gov.uk) to feature in the next issue.