

WANTED!

Local Community Health Champions

**Do you volunteer
in your community?**

**Do you want to
make a positive
difference to the
health of people
in your community?**

**If so, then we need
you!**

An exciting new programme, involving people just like you, is being developed locally to improve the health of people in your community.

We are looking for Community Health Champions in your community.

Community Health Champions are people who would like to inspire and motivate their friends, families and neighbours to lead healthier lives.

No prior knowledge of health issues is necessary and you do not need a background in health. Free training, with the option of gaining a qualification, will be provided.

As well as gaining new knowledge and skills, Community Health Champions will be able to make a real difference within their community.



**To find out more or to book an appointment,
please contact Helen Heath or Keri Williams at**

**Gwent Association of Voluntary Organisations
Volunteer Centre
Unit 1a,
Withey Duffryn Court
Duffryn Business Park
Ystrad Mynach
Hengoed
CF82 7TT**

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