

June 2009

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All aboard.... and coming to a community near you!

The Seniors Show The Way team comprise of 5 Community Health Activators (CHAs) (Amina Rehman, Arfan Ali, Esther Dyer, Kay Nethercoat, Raija Begum), a Team Coordinator (Catherine Pitts) and a Project Administrator (Sarah Jones).

The Community Health Activators are each responsible for a section of Bradford. The Activators job involves going out into

their designated areas, speaking about the project and encouraging older people to take part. In addition, the Activators each have a specialism. For example Raija Begum is the Black and Minority Ethnic Groups contact (BME), Kay Nethercoat is the main contact for the Physical Activity strand, Arfan Ali for Healthy Eating, Esther Dyer for volunteering and Amina Rehman for Mental Health.

We have all worked extensively within the community and our previous posts have ranged from big organizations such as Mencap and the NHS to small charities/ companies (Bradnet, Pyramid of Arts, Lawrence Batley Theatre).

We are all very keen to get stuck into the project and start producing a positive impact on health district wide.



From Left to Right: Amina Rehman, Raija Begum, Catherine Pitts, Sarah Jones, Kay Nethercoat, Esther Dyer and Arfan Ali.

What is Seniors Show The Way?

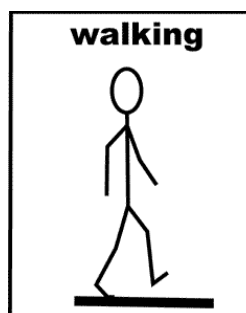
Seniors Show the Way is a new 3 year, district wide initiative which aims to improve the health of our communities by empowering older people with the knowledge they need to promote positive health messages to family and friends.

Older people often have an important and influential role among family and friends and so are ideally placed to share positive health messages and guide others to seek support where and when it is needed.

Seniors Show the Way plans to recruit 1,400 older people as Community Health Champions who will be equipped with the skills they need to promote positive physical activity, mental & emotional wellbeing and healthy eating messages. Using this knowledge, we hope our Champions will firstly feel enabled to make changes to improve their own health, and secondly head out into their neighbourhoods and share their knowledge and skills with friends and family and signpost people to other services and activities that will support people to lead healthier lives.

All the learning opportunities offered to volunteers are free of charge and all relevant expenses will be paid for by the project.

Seniors Show the Way is part of the regional Big Lottery Funded program **Altogether Better**, which aims to improve the health and wellbeing of communities across Yorkshire and Humber.



Drama on the Canalside, a bit of exercise, a dollop of sunshine and a large cuppa at the end

Out and About in Shipley...

Sarah Jones asks Kay Nethercoat about a recent health walk in Roberts Park, Saltaire.

I was very excited about taking part in this walk. The sun was shining away, the walk was interesting and the people I met were fascinating. Walking is a very social activity that appeals to all cultures. To give you a flavour of some of the people on the walk: there was a lady with her daughter and her grandchildren – 3 generations! There was also a group of Asian elders and a band of women in their 50s. All were given the freedom to walk at their own pace.

Walking can really ‘lift the mood.’ There was a man that I met on the walk who confessed that walking helped him to deal with difficulties and worries in his life.

There are many other benefits. Walking enables you to view different landscapes, often offering you a chance to see your local area ‘with new eyes’ and at a different pace, and it’s a good opportunity to witness the changes of the seasons. On this walk the blossom was out, the flowers were blooming and the trees were coming into leaf in a spectacular display.



It felt ‘the place to be’ with so much going on all around us, for example we met power-walkers through to gentle-strollers as well as people fishing all along the canal. Oh! And we were accompanied by fleets of ducks merrily swimming along, showing us the way!

The highlight for me was seeing the police diving team conducting an underwater search of part of the canal. It added a layer of drama and excitement!

At the end of the hour’s walking we were very grateful for our well-earned, freshly brewed cuppa. We felt refreshed but in high spirits, we stood around and hatched a plan for more local walks in the area.

If you are interested in attending a walk or becoming a Walk Leader then please contact Seniors Show The Way on 01274 777528 or email: seniors@bradford.nhs.uk

Seniors Show the Way

Seniors Show The Way is part of The **Health Trainer Service**.

Are you interested in helping to build up confidence to become a Community Health Champion? Or would you like to make a change to your lifestyle but require support? If so then contact the Health Trainer Team on: **01274 777527** or email: ↓

healthtrainers@bradford.nhs.uk



Empowering older people to promote positive health messages within their communities.

Quotes from the team

"I am really excited about the potential of Seniors Show the Way and inspired by the positive response the project has received so far. I now look forward to working more closely with the Community Health Champions (CHCs) in my area and seeing positive health messages get shared and passed on."
Esther Dyer

"This project has been welcomed in the area that I work in and I look forward to delivering, educating and influencing the community." Raija Begum

"I'm looking forward to experimenting with different methods of getting the health message across to the CHCs. I think it's going to be interesting to see how the different communities respond." Arfan Ali

We are embarking on a really exciting project, making a difference to individuals and communities in the Bradford district while being part of the Regional and National Community Health Champion agenda." Catherine Pitts

Do you know someone who might benefit from becoming a **Community Health Champion**?

Please pass on our details!

More Quotes...

"I've always had a keen interest in health and development and this role seemed to be perfect to apply for. I've been working as a community based Health Trainer for a year, working with people on a one-to-one basis. I feel the CHA post will enable me to use my health trainer skills and also enhance more skills for facilitating groups. It is something I'm passionate about it and I am hopeful that it will be received positively by others." Amina Rehman

Seniors Show The Way

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