



## COMMUNITY HEALTH CHAMPION TRAINING

**Big Ambitions CIC is excited to deliver Community Health Champion training programmes to members of the Doncaster community .**

Community Health Champions are about building capacity within the area to empower residents to become more active, eat healthily and improve their health and mental wellbeing.

**The training is delivered across 3 levels, you can choose to access level 1 or progress onto level 2 and 3.**

**Level 1: Raising awareness and signposting** A six week training programme where you will learn the skills and knowledge to be a champion.

**Level 2:** Level 1 activity, plus training on online interactive tools that enables people to consider lifestyle factors ; Relationship Champion Training and Mental Health First Aid Lite .

**Level 3 :** Level 1 & 2 activity plus you will become Mental Health First Aiders. You will also have the option to achieve a level 2 qualification in Royal Society of Public Health accredited training in Understanding Behaviour Change .

**The training will take place on Wednesdays and Fridays 10am—1pm.  
If you would like to access the training please contact Big Ambitions on 01302 874963 or [enquiries@bigambitions.org.uk](mailto:enquiries@bigambitions.org.uk)**

