



COMMUNITY
HEALTH
CHAMPIONS



Community Health Champions Report 2023

North Midlands LGBT Older Peoples Group

A Charitable Incorporated Organisation (CIO) – Registered Charity Number: 1186844

Website - olgbtstoke.org.uk

Introduction

Here are some of the ways that we have promoted health messages this year:

- Speakers at our Fenton Café Social gatherings (12 monthly meetings)
- Our pop-up noticeboard, leaflets and posters (widely used at our events)
- Weekly electronic members mailings (Currently 126 subscribers)
- Monthly electronic newsletter (Currently 260 subscribers)
- OLGBT web pages and health related posts on the OLGBT Website
- Discussion of health topics at our Zoom meetings (2 or 3 meets per month)
- Health promotion at Stoke Pride and other events

Feedback Form

We recently created a simple feedback form to gather information about the impact of what we have done and the health topics that members would like us to cover next year. This form was presented to members attending our in person social gathering at The Café in Fenton on 20th November 2023.

The attached report summarises the unedited responses under each question we asked. Each bullet point represents the response from a single individual. Not everyone answered every question hence the number of responses varies. 14 people took part.

Conclusions

The feedback we obtained provides good evidence of the value of the health promotion work we have undertaken this year. It is encouraging to see that members engage with the material we circulate and that they find the presentations from speakers at our social gatherings helpful.

Comments about the health topics members would like us to cover next year will be used to plan our future campaigns and our schedule of speakers subject to us being able to obtain further funding.

The provision of free lunches was made possible this year through the generous financial support of the Community Health Champions initiative. The attached report evidences the value of the free lunches and their importance in creating our safe and welcoming social space. Given the popularity of our extended meetings and the success of our health promotion initiatives we very much hope that the provision of free lunches can continue.

List of Appended Material:


Summary of Responses to the Feedback Form.....	Page 2
Case Study One – Loneliness and Mental Health	Page 4
Case Study Two – Heart Health	Page 9
Case Study Three - Emergency First Aid	Page 10
Summarised List of Health Presentations at In Person Meetings	Page 11
Further Examples of Health Promotion in Mailings	Page 12

Summary of Responses to the Feedback Form

When you think about the past year:

Which health topics were of greatest interest to you?

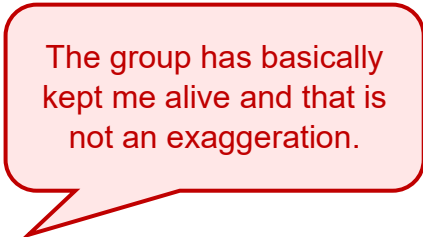
- Bowel cancer, heart health, sexual health
- Prostate issues, loneliness
- Sexual health, cancer
- Digital skills
- Mental health
- Blood pressure, heart information
- Mental health, winter preparedness, sleep problems, fresh air and exercise
- The information about blood pressure was very useful
- The health topics have been interesting and informative
- All were very interesting and informative
- A great range of topics covered throughout the year



A great range of topics covered throughout the year.

How has OLGBT supported your health and wellbeing this year?

- Just by being there
- Yes, this year has been challenging especially mentally and emotionally the group has basically kept me alive and that is not an exaggeration
- Awareness of organisational support
- Very well -combating social isolation
- With meetings activities and talks to professionals
- Just knowing that the OLGBT group exists and monthly newsletter are very helpful and supportive
- Own awareness of health
- Having the group to attend gives me something to focus on. Have been a member a few years now and I'm very glad of it
- Made a group of new LGBT friends (social outlet important) really lovely people and I've also started to attend more activities and outings
- All the information has some value particularly about diabetes and access to advocacy services
- It has been a reliable source of sexual healthcare information and a dependable network of peer support
- I enjoyed the regular mailings



The group has basically kept me alive and that is not an exaggeration.

Have any of our health messages helped you to manage or improve your health and wellbeing? (If so, tell us a bit about this)

- Yes, heart and BP, Dougie Mac, Bowel cancer, Social interaction, A safe space
- I have several ongoing health conditions always good to get more information
- Loneliness. It is nice to meet people and socialise
- I always read everything online and find topics well covered
- Heart health
- Mental well-being improved by talking with people
- Information about best way to manage and maintain blood pressure
- Recently I've joined gym and pool, I am feeling much better for that. After Christmas I'm doing a sponsored swim for MND and will do another one later next year

Loneliness - it is nice to meet people and socialise.

Thinking about next year:

What health topics would you like us to cover?

- Continue to cover topics including mental health
- Diet and fasting, sleep and insomnia, stress management, transgender dysphoria
- NHS updates always useful
- Exercising at home, better diet
- Mental health, fitness
- Cooking for health
- Hearing, fitness, food cooking
- Developments in dementia services and treatments
- Another spread of topics covering physical and mental health would fit the bill
- Refresher on blood pressure and sleep problems. Health whilst ageing

Another spread of topics covering physical and mental health

How important are the free lunches we provide at the Fenton Café social?

- It is a vital part of the group that enables like minded people to come together in a safe space as a way to combat loneliness
- Very important and very much appreciated
- Great social get togethers VERY IMPORTANT
- Very important, very sociable
- Very welcome, and provide a good atmosphere for chatting and catching up and maintaining social connections and well-being
- Very - chance to socialise
- Very important, they help to break the ice between people
- Very nice treat
- Today's hot meal was an improvement the other times have been very standard for any type of meeting - we are more special!
- Having a nutritional meal at least once a month is important to many members struggling with the cost of living
- Excellent food, helps socialising

Having a nutritional meal at least once a month is important to many members struggling with the cost of living.

Any other comments:

- Overall it has been an invaluable part of my life
- Tremendous group has helped me to no end - safe space
- As ever, the group goes from strength to strength. It's good to meet like minded folks and to meet others. Also to be able to attend events and social activities such as theatre trips
- Hope strongly that the group continues to provide a range of information and support for health issues relevant to older LGBT
- Talks are always informative
- Keep up this good work plus make sure a speaker speaks up. Teach BSL finger spelling numbers colours help people understanding
- The amount of information that has come through has been very interesting and useful to the back on
- Could be very useful to try a new computer in which you can follow the progress step by step without being told very fast what you must do
- It's amazing the impact a small grassroots self help group has had with a little financial help to provide free lunches
- Well done incredible number of important topics covered and the group is clearly thriving
- OLGBT is such an important group that tackles important and relevant issues that affect members of the LGBTQ+ community of a certain age. Well done to Maurice for all his efforts!

It's amazing the impact a small grassroots self-help group has had with a little financial help to provide free lunches

Case Studies

We have briefly summarised below three case studies to give examples of how we have responded to the health needs of our group.

Case Study One – Loneliness and Mental Health

Health Needs

Combatting loneliness and isolation is a core aim of our group.

As many as 1 in 4 people will experience a mental health problem of some kind every year in England (See Mind Website). The likelihood of someone who is LGBT+ experiencing mental health problems is even higher.

Attitudes and laws have changed for the better but older LGBT+ people have a long personal history of lived experiences that may include discrimination, rejection, social isolation, and negative reactions from family, friends and colleagues. Some people have lived large parts of their lives without feeling able to tell anyone that they are LGBT+

Older LGBT+ people are also less likely to have children that will care for them in later life and some may be estranged from members of their extended family.

What We Did

We had presentations by various speakers on the topic of Mental health at our in person social gatherings including:

- 15/05/2023 – Maurice Greenham (community Health Champion Volunteer) talked about anxiety to tie in with the theme of this year's Mental Health week.
- 19/06/2023 - Emily and Lisa from Staffs Combined Health Care were guest speakers
- 21/08/2023 - Maurice talked about the mental health services and activities offered by Brighter Futures
- 16/10/2023 - Bekki Stokes, Inclusion and Community Partnership Coordinator, talked about the wellbeing services offered at the Dougie Mac Hospice.



We used our pop-up noticeboard to promote mental health and local services



As this is such an important and central theme for us, we set up new pages on our website dedicated to providing information about mental health. These pages include simple messages about how to manage own mental health and where to get additional support.

We have promoted these pages of information through our weekly electronic members mailings and our monthly newsletter.

Our mailings generally focus on one aspect of mental health offering links to our website and further information available elsewhere.


Example screenshot of part of one of our webpages

<https://olgbtstoke.org.uk/what-is-mental-health>

How to Help Yourself

Here are some ways that you can support your mental health.


Meet With Others



Being part of a supportive LGBT+ community group such as ours can make a difference to how you feel.

Read about our meetings and activities


Health and Wellbeing



Mental health and physical health are strongly related. Be sure to eat well, sleep well and get some fresh air and exercise.

Information to support health and wellbeing

It's Okay To Ask For Help



Talk to trusted friends, family members or colleagues about how you feel. Don't be afraid to ask for help from organisations that can support you.






Organisations that can support you

Creativity

Being creative can boost your emotional wellbeing and help keep your mind and body active. Spend some time on your hobbies and interests. Get involved in arts based activities and try something new.

Find out about our projects and creative activities.

Examples of Health Promotion in Weekly Mailings and Monthly Newsletters
 (please note - examples do not include the full text of each campaign)

	<p>Look After Your Mental Health</p> <p>Mental health problems can affect anyone, but they're more common among people who are LGBT+ Here are some ways to get help.</p> <p>Read More »</p>
	<p>BeeFree – Mind and Movement</p> <p>BeeFree is a new support hive for mind and movement to help people with pain and mental health issues.</p> <p>Read More »</p>
	<p>Mental Health Support</p> <p>The North Staffordshire Combined Healthcare Access Team are available every hour, every day of the year, for people of any age. If you are concerned about your mental health or someone you care for, you can contact the Access Team at their Crisis Care Centre directly on 0800 0 328 728 (Option 1). Or if you are unable to speak over the phone, the team are available via text on 07739 775202.</p> <p>Combined Wellbeing Website</p>
	<p>Hobbies Make Us Happy!</p> <p>Take a look at this great article shared by member Paul...</p> <p>Hobbies Make Us Happy - Saga Magazine</p>
	<p>Look After Your Mental Health</p> <p>Mindful Tips • Mood Mixes • Personal Stories • Motivation</p> <p>BBC Headroom - Your Mental Health Toolkit</p>

Campaign to End Loneliness

[Coping With Loneliness](#)

If you feel lonely some or all of the time, our meetings and activities can help you make new connections. This page of information and tips from the campaign to end loneliness may also help.

[Read More »](#)



[Coping With Loneliness](#)

Admitting we feel lonely can be hard but together, we can help lift each other out of loneliness. For tips and advice on coping with loneliness go to

[NHS Every Mind Matters Website](#)



[Get Some Fresh Air and Exercise](#)

Stoke-on-Trent has amazing green spaces all around the city, and getting out and about in the fresh air is a great way to boost your physical and mental health.

[Read More »](#)

Reengage

Rainbow call companions

Our rainbow call companions offer friendship to older people who live alone.



Call our freephone number: 0800 716 543
email: info@reengage.org.uk
or visit our website: www.reengage.org.uk

[Rainbow Call Companions](#)

Rainbow call companions offer free telephone befriending specifically for older LGBT+ people. Rainbow call companion volunteers are LGBT+ and love a good chat.

[Read More »](#)

Case Study Two – Heart Health

Health Needs

Several members are managing heart related health conditions such as high blood pressure, heart valve problems and atrial fibrillation. Members expressed an interest in addressing high blood pressure and heart health generally as a topic in our campaigns.

How We Responded

We contacted local services and were able to arrange a speaker from UHNM to come and talk to the group about heart health. Members were able to have their blood pressure checked as part of the presentation (picture below).



We reinforced health messages about heart health through our weekly members mailings and monthly newsletter. We also added posts to our dedicated Community Health Champions section on the OLGBT website.

Example of Health Promotion in Weekly Mailings and Monthly Newsletters (please note - example does not include the full text of the campaign)

An NHS graphic with a blue background. At the top left is the NHS logo. Below it, the text reads: "Six million people in the UK don't know that they have high blood pressure." In the center is a red heart with a white stethoscope around it. At the bottom, the text reads: "If left unchecked it can lead to serious health problems."

Manage High Blood Pressure

High blood pressure is the third biggest risk factor for disease and disability in England after smoking and poor diet.

[Read More »](#)

Case Study Three - Emergency First Aid

Health Needs

Members expressed an interest in learning basic first aid skills.

How We Responded

We initially contacted VAST and other partners but the resources we were directed to were certified courses for learning first aid as an appointed person at work. These required payment of course fees and were a higher level of learning than we needed.

We did further research online to identify learning opportunities available to members of the public for free. We then created our own materials to post on our website and promote through weekly members mailing and our monthly newsletter. We also shared our resources with VAST to pass on to other Community Health Champion partners.

Learn First Aid Free



There are some great resources to learn basic first aid skills for free online.



www.redcross.org.uk/first-aid/learn-first-aid



[St John Ambulance How to Guides and First Aid Topics](#)

Add a First Aid App to Your Phone



You can get a free First Aid app for your Mobile phone to help you learn first aid or to use as reference when you need tips and advice. Click the links below or search for "First Aid by British Red Cross" in the Google Play store on your android phone or in the Apple Store on an iPhone.



Learn CPR in 15 Minutes for Free

Many of us will witness a cardiac arrest in our lifetime. Be ready for that day. It takes just fifteen minutes to learn CPR using your mobile phone and this excellent online course.

[Read More »](#)

Speakers at OLGBT In-Person Meetings 2023

Date	Topic	Speaker's Name and Contact Details	Attendance
16/01/2023	Digital Skills for Health	Andrew Colclough (Volunteer, Beth Johnson Foundation)	16
20/02/2023	Bowel & Chest Cancer Awareness	Angela Power, Gina Newman (UHNM)	16
20/03/2023	Lung Health Checks	Jessica Mulroy Johnson (Engagement and Marketing Lead Targeted Lung Health Checks) UHNM	11
17/04/2023	Sexual Health services provided by SSCH (Staffordshire Sexual Health Charity)	Darren Kempson (Chief Executive Officer) Staffordshire Sexual Health Charity	17
15/05/2023	End of Life Care, Advanced Statements, Bereavement Services Dougie Mac	Thomas Pond (Wellbeing Programme Coordinator) was unable to attend so volunteers MG & JC highlighted National Mental Health Week theme - Anxiety	15
19/06/2023	Exploratory visit - Mental Health	Emily Walton and Lisa, Staffs Combined Health Care	15
17/07/2023	Heart Health and Preventing/Managing High Blood Pressure	Haley Evans UHNM	14
21/08/2023	Developing a Wellbeing Toolkit (Did Not Attend)	Our planned speaker did not attend, MG highlighted services and activities of Brighter Futures	13
18/09/2023	BJF services	Adam Gratton (Beth Johnson Foundation)	13
16/10/2023	Wellbeing services including bereavement support. offered by Dougie Mac	Bekki Stokes, Inclusion and Community Partnership Coordinator - wellbeing services offered at the Dougie Mac Hospice.	15
20/11/2023	CHC Feedback	Feedback form and discussion of topics for next year	14
18/12/2023	Loneliness and Mental Health - Christmas Creativity Activity	Create Christmas baubles to take home. Each bauble will embody the creative efforts of several members as a symbol of our support for each other.	TBC

Further Examples of Health Promotion in Weekly Mailings and Monthly Newsletters (please note - examples do not include the full text of each campaign)

Clear on Cancer / Lung Health Checks

NHS

“Just a bit of tummy trouble”

Contact your GP practice

If you've had tummy trouble such as discomfort or diarrhoea for three weeks or more, or seen blood in your poo – even just once, it could be a sign of cancer. It's probably nothing serious, but finding cancer early makes it more treatable.

Your NHS wants to see you.
nhs.uk/cancersymptoms

Clear on cancer Help us help you

NHS

Life Saving Poo

The bowel cancer screening kit can save your life

Just a tiny sample detects signs of cancer before you notice anything wrong. If you're sent a kit, put it by the loo. Don't put it off.

nhs.uk/bowel-screening

Screening saves lives Help us help you

NHS

Targeted Lung Health Checks Programme

Are you aged 55-74 and a current or ex-smoker?

You will be invited to an NHS lung health check. Even if your lungs 'feel fine' it's best to get them checked.

For more information call 01782 671554
Or visit www.uhnm.nhs.uk/TLC

Find out more here



Breast Cancer Awareness

October is Breast Cancer awareness month, but it is important to be aware of the signs of breast cancer all year round. [Find Out More Here](#)



Do you know the signs of lung cancer?

Lung cancer is one of the most common cancers in the UK and unfortunately, Stoke-on-Trent has one of the highest rates of lung cancer in the country.






[Find out more about local targeted lung health checks](#)
[Lung Cancer Information on the NHS Website](#)



Quit Smoking

Quitting smoking can improve your physical health and boost your mental health and wellbeing after as little as 6 weeks of being smoke-free.

[Find out more on the NHS Website](#)
[Download the free Quit Smoking App](#)

<p>LBT Women's Health Week Events Calendar is now LIVE!</p> 	<h3>LGBT Women's Health Week</h3> <p>The LGBT Partnership has released a calendar full of FREE events for LBT+ Women's Health Week 2023 To find out more click the link below!</p> <p>LBT Women's Health Week 2023 Events</p>
	<h3>Women's Health Event At Stepping Stones</h3> <p>Chat to NHS services about your health, and find out more about what services are available. Stepping Stones are hosting a Women's Health Event...</p>
	<h3>Men's Health Event at Stepping Stones</h3> <p>Following last month's women's health event, Stepping Stones are hosting a Men's Health Event for men to come along and chat to NHS services about their health!...</p>
<h2>TYPE 2 DIABETES</h2> <h3>KNOW YOUR RISK</h3>	<h3>Type 2 Diabetes – Know Your Risk</h3> <p>The Know your risk questionnaire will help you find out your level of risk of developing Type 2 diabetes.</p>
	<h3>Looking After Your Bladder</h3> <p>Ageing increases the risk of kidney and bladder problems such as leakage or urinary incontinence For tips on how to look after your bladder take a look here. Looking After Your Bladder</p>
	<h3>Get Your COVID-19 Spring Booster</h3> <p>People aged 75 years and older, residents in care homes for older people, and people with a weakened immune system will be offered a booster of coronavirus (COVID-19) vaccine this spring. Book Your Seasonal Covid Booster</p>
	<h3>Deaf Awareness</h3> <p>Did you know that September is Deaf Awareness Month? Including the International Week of Deaf People which runs from 19-25 September.</p>



Deaf Awareness

By learning basic signs, you can communicate with deaf people around you, such as deaf colleagues, family or friends. If you're interested in learning some basic British Sign Language (BSL) from home – here are some free resources! [Read More »](#)



Free Sighted Guide Training

Sighted guide training teaches you how to guide a person with sight loss, with confidence, skill and empathy. This free one hour training session offered by the Guide Dogs charity will give you the basic skills you need. [Read More »](#)

Dementia Action Week 2023

Dementia Action Week 2023

Each year, Alzheimer's Society works with individuals and organisations across the UK to encourage people to act on dementia. [Alzheimer's Society Website](#) And [Local Dementia Advocacy Services at BJF](#)



Act F.A.S.T. (Stroke Awareness)

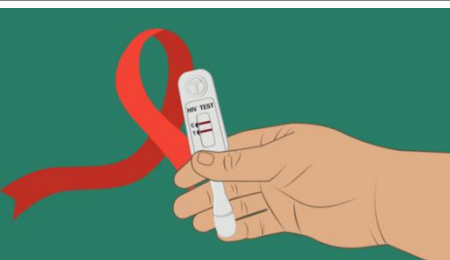
Remember the common signs of a stroke and the importance of acting quickly with the memorable phrase "Act F.A.S.T." if you see any single one of these signs of a stroke...

[NHS Website - Stroke Information](#)



Sleep Problems





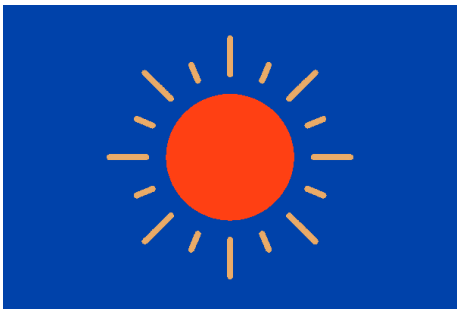
A few sleepless nights are usually nothing to worry about, but it can become an issue if a lack of sleep starts to affect your daily life. Learn more about the signs of sleep deprivation and what you can do about it. [Read More »](#)



FREE HIV Self Tests

Many people who have HIV do not know that they have it. To help prevent the spread of HIV, Staffordshire Sexual Health Charity (SSHC) are offering free self-testing kits.

[Read More »](#)

 <p>Monkeypox: UK Health Security Agency</p> <p>Be aware of the signs and symptoms:</p> <ul style="list-style-type: none"> Recent unexpected/unusual spots, ulcers or blisters anywhere on your body Fever Headaches Muscle aches Chills and exhaustion Swollen glands 	<h3>UK Monkeypox</h3> <p>Contact a sexual health clinic if you develop a rash with blisters and you've been in close contact with someone who has or might have monkeypox.</p> <p>Read More »</p>
 <p>WINTER PREPAREDNESS</p> <p>KEEPING YOURSELF SAFE THROUGH THE COLDER MONTHS</p> <ul style="list-style-type: none"> Keep warm by closing windows, make use of blankets and layers of clothing Prepare your home as best as you can by sealing any draughts on windows and doors Make sure you have plenty of food in your home and drink plenty of fluids 	<h3>Winter Preparedness</h3> <p>With colder weather fast approaching, it's time to start thinking about how to stay safe and well this winter period. VAST and Support Staffordshire have created this Winter Preparedness Guide with top tips.</p> <p>Read More »</p>
	<h3>Keep Well This Winter</h3> <p>Age UK has tips on looking after your mental health, information on where to get support with your energy bills and advice on keeping warm in winter.</p> <p>Age UK - Keep well this winter</p>
	<h3>Support During the Energy Crisis</h3> <p>The Met Office has a useful page of information about how to keep your home warm this winter with links to other useful websites.</p> <p>Read More »</p>
	<h3>Staying safe in hot weather</h3> <p>When the weather gets hot it's important to take extra care to look after yourself.</p> <p>Read More »</p>

Report Compiled 5th Dec 2023

Andrew J. Colclough (Vice Chair and Community Health Champion Volunteer)

With grateful thanks to our other Community Health Champions, Maurice, John and Anne