

HEALTH CHAMPIONS CASE STUDY:

Gosia

Gosia is a female, originally from Poland currently long term unemployed due to caring responsibilities, Gosia has been looking after her disabled mother and two young children whilst focusing on her self-development. Gosia has been an ICOS volunteer for the women's group for over 5 years, supporting the Community Development officer with organising and facilitating wellbeing sessions and events for Eastern European Women and their children living in Sunderland.

Gosia was inspired to take part in the Health Champions Project to expand her knowledge, gain new skills and also apply them to her volunteer role within ICOS, to be able to share health messages with her local community.

Gosia has attended a healthy eating awareness event with ICOS Women Project, where there was a presentation about Health Champions delivered. She has registered to become a health champion, since the registration Gosia has taken part in all of the Health Champions core modules including: Understanding Health Improvement, Core Make Every Contact Count, Alcohol Brief Intervention and Smoking Brief intervention.

The core modules helped Gosia with her self-development, she has stated that she has found them extremely useful and found out new information that she was not aware of, especially the Smoking Brief Intervention and Alcohol Brief Intervention which she has found very valuable to be able to support others within the community.

Additionally, Gosia also attended Menopause awareness course and recently started attending a Level 2 Autism awareness course delivered in partnership with Sunderland College, she is very proud of her achievements and is hoping that the courses will provide her with future opportunities with volunteer work and employment.

Gosia is committed to continue her self-development as a Health Champion, as well as other areas of her volunteering, she now started taking part in a leadership course. ICOS is also very proud of Gosia for her achievements and continuous commitment in supporting the community.



HEALTH CHAMPIONS CASE STUDY:

Kasia

Kasia has been a volunteer for the women's group project in March 2023 since she moved into Sunderland from London. Kasia has been long-term unemployed due to childcare and caring responsibilities, since her daughter has started attending nursery since September 2024, she has been looking for training and employment opportunities. Kasia has previously worked as a carer and in end of life care, so she already had an interest in health and social care, she wanted to take part in further training and apply her skills to her volunteer role.

Kasia has attended an ICOS healthy diet session where a presentation about Health Champions courses has been delivered. Kasia though the Health Champions project was a perfect opportunity for her to expand her knowledge and gain new skills.

Kasia is very interested in mental health, so she has first decided to attend Mental Health Awareness and Emotional Resilience Training delivered by Washington Mind, advertised through the Health Champions newsletter, she has really enjoyed the courses and though they were very valuable to her, she has then decided to register on all the Health Champions Core modules to become a full Health Champion,

including Level 2 Understanding Health Improvement, Core Make Every Contact Count, Alcohol Brief Intervention and Smoking Brief intervention. Kasia has found the courses very interesting and learned a lot of new information and skills that she could apply to her volunteer role within ICOS Women project.

Additionally, K has also attended Level 2 Autism Awareness which is being delivered in partnership with Sunderland College, as this would support her in her volunteering role for the ICOS mum's club project. Kasia stated that she has already had a lot of knowledge regarding autism but the course has though her a lot more information and has improved her confidence with understanding autism spectrum conditions and ways of understanding how autistic individuals can be supported to live healthy lives.

Kasia will apply this knowledge within her current volunteer role and well as future employment opportunities. ICOS is very proud of Kasia for her achievements with becoming a full health champion and continued commitment in supporting minorities communities in Sunderland.

