



COMMUNITY HEALTH CHAMPIONS

CONNECT INFORM EMPOWER



“Being a Reading Community Health Champion has been an exciting, life changing experience for me. It has given me an opportunity to support my community, in areas where change is needed in order to become a healthier and happier community. Join us today”.

How to sign up with us

Step 1

Visit the ACRE in person or via the website acrereading.org
07841 253880

Step 2

Fill in your details and you can kickstart a better journey to **CONNECT, INFORM** and **EMPOWER** your community.

What is a community health champion?

Local people who care about the health and wellbeing of their community. They are connected, informed and empowered – sharing evidence-based public health information and raising awareness about local health and wellbeing support across your community.

Who can be a community health Champion?

It is a voluntary role if you live, work or study in Reading and are over 18- you can be a Community Health Champion! If you have a desire to help improve your community and an interest in health and wellbeing, get in touch !

Don't worry , it is not the role of a Community Champion to:

- *Provide medical advice to residents.
- *Act as a health expert or enforce health measures or opinions.

Some benefits to becoming a Community Health Champion


Receive full training and support as a Community Health Champion.

Understand the health and wellbeing support available to you and your community.

Opportunities to engage in dynamic health and wellbeing events and training.
Share insights from your community with local services.

Build a network of Community Health Champions to connect with – sharing insights, experiences and learning.

SIGN UP NOW

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 acrereading.org