



Health Champions 2020- 2022

Update for Health Overview & Scrutiny
Committee
06.07.22

Kerry Littleford – Public Health Specialty Registrar

The Journey



August 2020: Health Champions programme start to be developed

17 Nov: Health Champions officially launched!



Three changes of guidance in two weeks = a lot of new comms!

Young Persons Focus Group

76 Champions completed the Survey

Launched Question of the Week

Roadmap out of lockdown begins



Mental Health Awareness Week

NOV 20

DEC 20

JAN 21

FEB 21

MAR 21

APR 21

MAY 21

2nd National Lockdown

WhatsApp Group launched

Back into national lockdown



200 Health Champions signed up

Stage 2 of Roadmap out of lockdown

Information Session on Long COVID



First Information Session

Champions start as COVID champions

First COVID-19 vaccine in UK!

The Journey

COVID-19
HEALTH
CHAMPIONS

Vaccine rollout in UK!

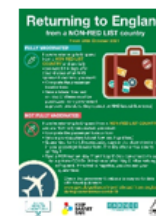
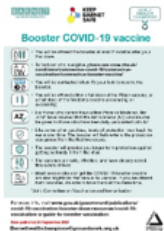


Most legal limits on social contact removed

Self-isolation rules change

Young Persons Focus Group

12-15 year olds offered the vaccine



Agreement to move champions to wider health issues

Vaccine bus is back!

JUNE 21

JULY 21

AUG 21

SEPT 21

OCT 21

NOV 21

Long COVID webinar with Healthwatch Barnet



Meridan Wellbeing taster wellbeing session

Discussions around the future of the Health Champions

Booster jab roll out begins

Fit and Active Barnet focus group

Autumn/Winter Health Champion priorities outlined

First birthday!



The Journey

Omicron Spike – move to Plan B

CVC Bid Successful and built into champions work programme

Primary school children offered vaccine

Day of Reflection: DPH sends thank you message to champions

Survey launched to all champions – 44 respond



Submit bid for Community Vaccine Champions (CVC) Programme

UK moves back to Plan A – face coverings and covid passes not mandatory



Free testing comes to an end

Champions session on Childhood Immunisations

Five health priorities presented to champions

Champions session on Mental Health including suicide prevention and Andy's Man Club



Current Picture



269
HEALTH CHAMPIONS
REGISTERED

24

Barnet Wards covered



Underhill, Woodhouse & Totteridge & Woodside
with the largest number of Champions

BARNET COVID-19 WEEKLY ROUND-UP
7 November – 13 November 2021

<p>Average no. of COVID-19 cases</p> <p>175 Per day</p> <p>↑ Increased from around 100 per week</p> <p>Admissions & bed occupancies have increased in the last week</p>	<p>Infection rate per 100,000</p> <p>330 For the last 7 days</p> <p>↑ Increased from 250 per 100,000 population last week</p> <p>Higher than the London rate of 268 per 100,000 population</p>
<p>Cases in specific settings in the last week</p> <ul style="list-style-type: none"> 57 cases associated with schools have been reported in the last week. 8 staff members and no residents in care homes have tested positive in the last week. <p>Community positivity has decreased to LOW (2.5%)</p>	<p>Vaccination uptake</p> <p>259,500 Vaccinated 1st dose</p> <p>236,600 Vaccinated 2nd dose</p> <p>First dose uptake to around 75.7% for all ages (12 & over)</p> <p>Everyone aged 12+ with a primary age: Children aged 12-17 will also be invited to vaccination in school or a GP practice if eligible (extended school closure 23.10.21)</p>

80

current infographics



COVID-19 HASN'T GONE AWAY



197

on WhatsApp Broadcast

98

on WhatsApp Group

70+

Zoom Sessions

48 Info

18 Welcome

5 Focus Groups

50+

Friday Facts e-newsletters

Partners worked with

NHS
North Central London
Clinical Commissioning Group

 meridian
wellbeing

 Barnet Together

BARNET
LONDON BOROUGH

the
listening
place



BARNET HEALTH CHAMPIONS

BARNET
LONDON BOROUGH

Are you passionate about the health and wellbeing of your community?

BECOME A BARNET HEALTH CHAMPION



NETWORK
Join our network of local people supporting the Barnet community.

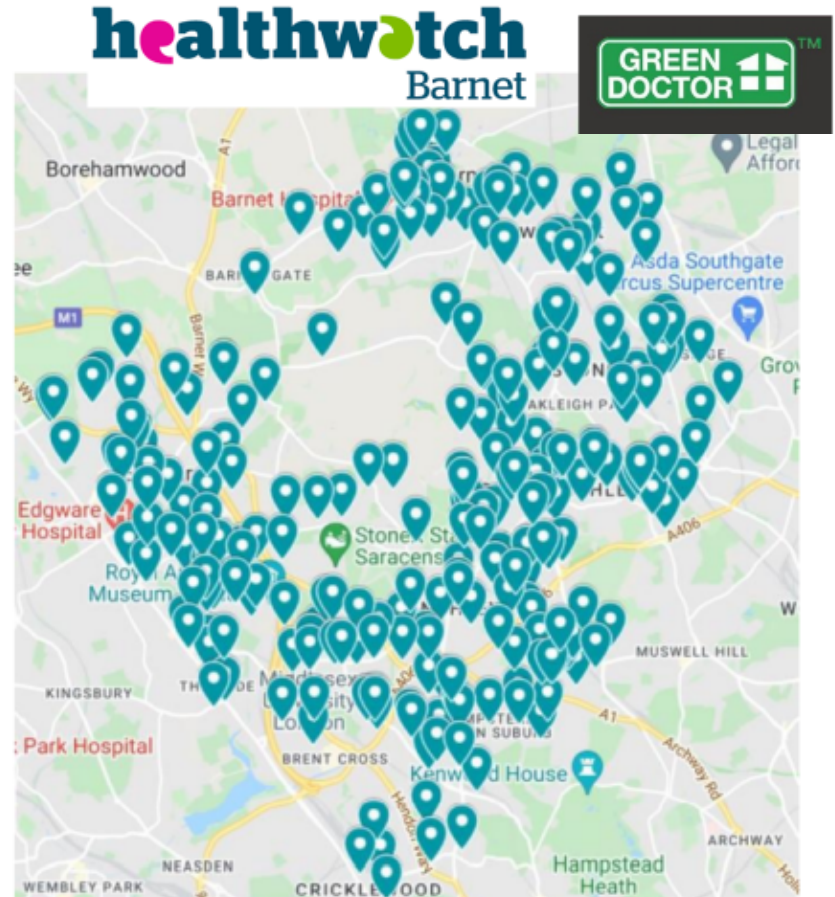
UPDATES
Receive the latest information about health and wellbeing in Barnet. Share this with your friends, family, work colleagues and your wider networks.

FEEDBACK
Let us know your community's health and wellbeing issues, needs and concerns.



SCAN HERE TO SIGN UP

“ Being a Health Champion has enabled me to find out more about health inequalities in Barnet and be able to inform others about health issues in the community.”



healthwatch
Barnet

GREEN DOCTOR™

Map showing numerous teal location pins across the Barnet area, indicating healthwatch listening places. Key locations labeled include Borehamwood, Barnet Hospital, Edgware Hospital, Kingsbury, Brent Cross, Cricklewood, Hampstead Heath, and Kenwood House.

BARNET
LONDON BOROUGH

Infographics

BARNET LONDON BOROUGH

COVID-19 HEALTH CHAMPIONS

EXERCISING OUTSIDE

Exercise outdoors in a park, green space or garden

Outdoor sports facilities can open

Avoid busy times if you can

Stay safe in the dark - wear reflective gear

Organised outdoor sport is allowed

Who can I exercise with?

- Individually
- Your household, support bubble or childcare bubble
- In a group of up to 6 people, or 2 households, outdoors, keeping two metres apart
- As part of an organised outdoor sport team

Keeping active is important for both your mental and physical health

Returning to England
from a NON-RED LIST country
From 24th October 2021

FULLY VACCINATED

If you're returning to England from a NON-RED LIST COUNTRY and are fully vaccinated (14 days after second dose of an NHS approved vaccine), you must:

- Complete the passenger locator form
- Take a lateral flow test on 'day 2' (these must be purchased from government approved providers, they cannot be NHS lateral flow tests)

NOT FULLY VACCINATED

If you're returning to England from a NON-RED LIST COUNTRY and are NOT fully vaccinated, you must:

- Complete the passenger locator form
- Take a pre-departure lateral flow test (rapid test)
- Quarantine for 10 full consecutive days in the place mentioned in your passenger locator form. The day after arrival counts as 'day 1'
- Take a PCR test on 'day 2' and 'day 8' (You can choose to pay for a private COVID-19 test on or after 'day 5' after arriving in England, if the test is negative, you can end your quarantine)

Check the government website to stay up to date with travel guidance: www.gov.uk/guidance/travel-abroad-from-england-during-coronavirus-covid-19

HEALTH CHAMPIONS **KEEP BARNET SAFE** **BARNET**

THANK YOU FOR DOING THE RIGHT THING

HANDS
Wash your hands to reduce the spread of COVID-19

FACE
Wear a face covering to protect others

SPACE
Keep 2 metres apart from anyone outside your household

TOGETHER WE ARE KEEPING BARNET SAFE

HEALTH CHAMPIONS

5 ways to wellbeing CONNECT

- Take time each day to contact a loved one
- Call a family member or neighbour who may be feeling lonely
- Have a virtual lunch with a colleague or friend

North Central London **NHS** **HEALTH CHAMPIONS** **KEEP BARNET SAFE** **BARNET**

WHAT IS LONG-COVID? (ALSO CALLED POST-COVID SYNDROME)

Someone with Long-COVID has symptoms that develop during or following getting COVID-19, which continue for more than 12 weeks and are not explained by another diagnosis.

Up to 1 in 10 people have ongoing symptoms that match the current definition of Long COVID (NICE definition): www.nice.org.uk/guidance/ng186.

Most people with Long COVID will have relatively mild symptoms which will pass in time. Others will have symptoms that continue for longer periods of time and impact their day-to-day life. They will need further assessment.

SYMPTOMS OF LONG-COVID

Symptoms can vary and may change over time.

Most common symptoms

- Breathlessness
- Fatigue
- Chest pain
- Heart palpitations
- Nausea
- Brain fog

Other symptoms include

- Cough
- Skin rashes
- Joint pain
- Muscle aches
- Menstrual disturbance
- Diarrhoea / constipation
- Poor sleep

SUPPORT AVAILABLE

Visit 'Your COVID Recovery' which is a useful self-management support website for recovery of Long-COVID www.yourcovidrecovery.nhs.uk

After looking at the website, if you are still experiencing symptoms that are affecting your ability to do things that are important to you, please contact your GP to discuss your symptoms.

Your GP may refer you to the North Central London (NCL) Post-COVID Service.

BARNET COVID-19 WEEKLY ROUND-UP
7 November – 13 November 2021

Average no. of COVID-19 cases
175 Per day
Increased from around 160 last week

Infection rate per 100,000
330 For the last 7 days
Higher than the London rate of 290 per 100,000 population

Cases in specific settings in the last week

- 87 cases associated with schools have been reported in the last week.
- 8 staff members and no residents in care homes have tested positive in the last week.

Vaccination uptake

- 259,500 Received 1st dose
- 236,600 Received 2nd dose

Everyone aged 12+ can book a vaccine app. Children aged 12-15 will also be invited for vaccination in school or a GP Practice if already technically vulnerable (CTV).

First dose uptake is around 12.7% for all ages (12 & over)

Community positivity has decreased to LOW (1.8%)

COVID-19 HEALTH CHAMPIONS

Meet outdoors as much as possible and let fresh air circulate indoors.

Be responsible when meeting vulnerable people outside your household.

BARNET LONDON BOROUGH **KEEP BARNET SAFE** **HEALTH CHAMPIONS**

COVID-19 HASN'T GONE AWAY

The Vaccine Lowdown

4 facts to remember and share about the COVID-19 vaccine

- The COVID-19 vaccine is safe, highly effective, and has already saved thousands of lives.
- There is currently no evidence that the new COVID-19 strains will be resistant to the vaccine so far. This is being continuously monitored.
- There is no evidence to suggest the COVID-19 vaccine will impact your fertility.
- You still need to have the vaccine if you have had COVID-19 or suffer from Long COVID.

3 things to tell your friends and families

- Tell them when you've had the vaccine.
- Reassure them that the vaccine is free of charge and the NHS will not ask for their bank or card details.
- Tell them to only share and trust info about the vaccine from credible sources.

2 ways to stay safe after getting the COVID-19 vaccine

- You should continue to wash your hands, wear a face covering in crowded areas, limit close contact with the people you don't live with, and make sure fresh air circulates.
- Get free rapid COVID-19 tests before a week if you have no symptoms so you may still be able to spread the virus to others.

1 thing to do after getting your first dose of the COVID-19 vaccine

- Get your second dose 8 weeks after getting your first one.

To learn more about the COVID-19 vaccine, visit www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/

Barnethealthchampions@groundwork.org.uk

Rory, Barnet Health Champion, said:

“It’s a mutual relationship between the Champions and the council. We’re encouraged to feedback what’s happening locally to help ensure we are supporting the needs of Barnet community. “It’s amazing to make a difference and join fellow Champions who come from a variety of backgrounds, faiths, and ethnicities. We learn so much from each other.”



What are YOU waiting for?

I can't wait to visit museums and galleries without worrying if it's safe to go 🏛️ 🎨 📖 🍷 🍷 🍷

ISHAAN WILL HAVE THE VACCINE, WILL YOU?

Ishaan, Edgware

Book your job here: www.nhs.uk/conditions/coronavirus-covid-19/

BARNET



What are YOU waiting for?

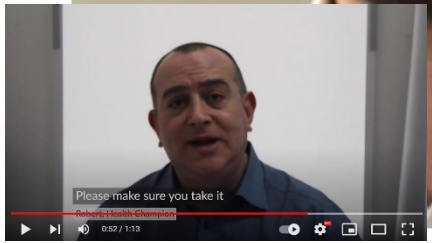
I can't wait to meet family and friends without worrying 'what if?' 🧑🏻‍🤝‍🧑🏻 🍷 🍷 🍷 🍷 🍷

CHARLOTTE'S HAD THE VACCINE, WILL YOU?

Charlotte, Oakleigh Park

Book your job here: www.nhs.uk/conditions/coronavirus-covid-19/

BARNET



The Future



LIVING WITH COVID

COVID VACCINATIONS

MENTAL HEALTH

CARDIOVASCULAR DISEASE PREVENTION

CHILDHOOD IMMUNISATIONS

LIVING WITH COVID-19

It's important to follow the following things to stay safe and help protect the most vulnerable up to 1st April:

1. **Wash your hands** often with soap and water for at least 20 seconds.
2. **Wear a face mask** in public places.
3. **Stay at home** as much as possible.
4. **Don't go to work, school, or public places** if you are unwell.
5. **Don't visit care homes** if you are unwell.
6. **Don't visit hospitals** if you are unwell.
7. **Don't visit prisons** if you are unwell.
8. **Don't visit care homes** if you are unwell.
9. **Don't visit care homes** if you are unwell.
10. **Don't visit care homes** if you are unwell.

KEEP BARNET SAFE

LIVING WITH COVID-19 IN BARNET

The Government is issuing information about the COVID-19 vaccine to help you decide if you should get it. You can get it for free if you are aged 16 or over and live in Barnet. You can also get it for free if you are aged 16 or over and live in Barnet and are a member of a care home, a care worker, or a care worker's family member.

Who should get it?

- All people aged 16 and over who live in Barnet.
- All people aged 16 and over who are a member of a care home, a care worker, or a care worker's family member.
- All people aged 16 and over who are a member of a care home, a care worker, or a care worker's family member.

When should you get it?

- You should get it as soon as you can.
- You should get it as soon as you can.
- You should get it as soon as you can.

How long does it take to get it?

- It takes about 10 minutes to get it.
- It takes about 10 minutes to get it.
- It takes about 10 minutes to get it.

What are the side effects?

- Some people may feel tired or have a sore arm.
- Some people may feel tired or have a sore arm.
- Some people may feel tired or have a sore arm.

What are the benefits?

- It can help protect you from getting COVID-19.
- It can help protect you from getting COVID-19.
- It can help protect you from getting COVID-19.

How do I get it?

- You can get it at a local GP surgery.
- You can get it at a local GP surgery.
- You can get it at a local GP surgery.

What should I do if I have a problem?

- Call your GP or the NHS helpline.
- Call your GP or the NHS helpline.
- Call your GP or the NHS helpline.

For more information, visit www.nhs.uk or call 111.

Barnet Health Champions

COVID-19 vaccine for 12-15 year olds

What?

- The COVID-19 vaccine for 12-15 year olds is a new vaccine that helps protect you from getting COVID-19.
- The COVID-19 vaccine for 12-15 year olds is a new vaccine that helps protect you from getting COVID-19.
- The COVID-19 vaccine for 12-15 year olds is a new vaccine that helps protect you from getting COVID-19.

Why?

- The COVID-19 vaccine for 12-15 year olds is a new vaccine that helps protect you from getting COVID-19.
- The COVID-19 vaccine for 12-15 year olds is a new vaccine that helps protect you from getting COVID-19.
- The COVID-19 vaccine for 12-15 year olds is a new vaccine that helps protect you from getting COVID-19.

16 & 17 year olds - grab a jab!

What?

- The COVID-19 vaccine for 16 & 17 year olds is a new vaccine that helps protect you from getting COVID-19.
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Why?

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Booster COVID-19 vaccine

What?

- The COVID-19 booster vaccine is a new vaccine that helps protect you from getting COVID-19.
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Why?

- The COVID-19 booster vaccine is a new vaccine that helps protect you from getting COVID-19.
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How do I get it?

- You can get it at a local GP surgery.
- You can get it at a local GP surgery.
- You can get it at a local GP surgery.

What should I do if I have a problem?

- Call your GP or the NHS helpline.
- Call your GP or the NHS helpline.
- Call your GP or the NHS helpline.

For more information, visit www.nhs.uk or call 111.

Barnet Health Champions

MENTAL HEALTH & WELLBEING

FACTS AND FIGURES

5 ways to wellbeing

- **CONNECT**: Talk & listen, be listened to, feel connected.
- **BE ACTIVE**: Be active, be active, be active.
- **TAKE NOTICE**: Take notice, take notice, take notice.
- **KEEP LEARNING**: Keep learning, keep learning, keep learning.
- **GIVE**: Give, give, give.

1 in 4

Poor mental health impacts:

- It can affect your work.
- It can affect your work.
- It can affect your work.

5 ways to wellbeing

CONNECT

- Take time each day to contact a loved one
- Call a family member or neighbour who may be feeling lonely
- Have a virtual lunch with a colleague or friend

#ANDYS CLUB

KEEP BARNET SAFE

COVID-19 HEALTH CHAMPIONS

Head outside and take a walk. Even 20 minutes a day can make a difference to your health and wellbeing.

STAY ACTIVE

5 ways to wellbeing

BE ACTIVE

- Go for a walk or take the dog out
- Set yourself a fitness challenge

EXERCISING AT HOME

- Challenge your friends and complete a workout together, virtually.
- Get creative. Don't have weights? Use a filled-up water bottle or lined food instead.
- Warm up and cool down.
- Stay hydrated and wear comfortable clothes.

Keeping active is important for both your mental and physical health

KEEP BARNET SAFE

When and how many vaccines does my child need?

When?	What?
8 WEEKS	4-in-1 vaccine protects against diphtheria, tetanus, whooping cough, Hib, polio and pneumonia. First dose. Rotavirus vaccine (1st dose). Meningococcal group B (MenB) vaccine (1st dose).
12 WEEKS	4-in-1 vaccine (2nd dose). Rotavirus vaccine (2nd dose). Pneumococcal (PCV) vaccine (1st dose).
16 WEEKS	4-in-1 vaccine (3rd dose). MenB vaccine (2nd dose).
1 YEAR	MMV vaccine given as single vaccine against Hib. (1st dose) and Hib (2nd dose). MMR vaccine protects against measles, mumps and rubella. (1st dose). PCV vaccine booster. MenB vaccine booster.
2-10 YEARS	Need 1st vaccine yearly.
3 YEARS	MMV vaccine (2nd dose).
4 MONTHS	4-in-1 pre-school booster given as single vaccine protects against diphtheria, tetanus, whooping cough and polio.

Immunisation is the safest way to protect your child's health

Public Health England

Quotes from champions



"Being a health champion has been one of the few positives from the deadly pandemic"

"As I learn and understand the disease, I feel enabled & educated enough to disseminate information to my networks"

"I feel privileged that I can help people get accurate information"

"the breadth of information sessions on Zoom are helpful"

"I most enjoy the sense of having made a contribution towards the fight against the pandemic"

"It is good to know that people can turn to you for information."