

# COMMUNITY CHAMPIONS!

**Would you like to be a Community Champion?** We are looking for members of the public to volunteer to promote better health in their community!

What's involved? The role involves delivering important health messages. More details are provided below, but you will be asked to distribute posters/leaflets, as well as, talk to a wide variety of people about their health. We expect the role to take a maximum of 8 hours per week.

When would I start? Training for the role will take place in May, and the role in your community will start in July. The role will last for 8 months.

Do I need any qualifications or skills? All training will be provided, but you should live in the Cwm Taf Morgannwg University Health Board area (Rhondda; Taff Ely; Merthyr; Cynon; and Bridgend). You should also be friendly, enthusiastic and like meeting new people.

What about current COVID restrictions? We will ensure that the role is conducted within the government rules. This means initially the events will be hosted online or as part of other virtual community group events.

Will I receive any payment? You will be reimbursed for your time and any travel expenses that you incur whilst undertaking the role.

If you are interested, please read below for more information, or email Gwenllian Moody on [moodyg@cardiff.ac.uk](mailto:moodyg@cardiff.ac.uk).

## Further information

We are looking to recruit a team of five community champions to help us deliver important health messages. This role is part of a new study called TIC-TOC.

TIC-TOC is a study that involves a six-month public campaign to raise awareness of vague cancer symptoms and support people to seek advice from their GP with these symptoms, ultimately with the aim to improve cancer outcomes. TIC-TOC is funded by Cancer Research Wales.

The community champions' role is based on research from previous studies which highlights the important role of community champions in helping to normalise the idea that someone should seek help when they are concerned about their symptoms. The TIC-TOC study has involved extensive input from local stakeholders when the role and campaign was developed.

We want to recruit five community champions to help us distribute information about the TIC-TOC campaign to people living in Cwm Taf Morgannwg University Health Board area.

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## The key duties of the role are:

- Distribute campaign materials to people in the local community (e.g. putting posters/leaflets in places in the community where you know lots of people visit).
- Host events in the community and online – this will involve speaking to people about vague cancer symptoms and supporting people who have symptoms to consult their GP. This role may not be appropriate for someone who is currently shielding due to COVID-19 as it will involve meeting members of the community in person. Meeting in person should only be done when government rules allow, we don't expect champions to contravene government COVID-19 rules on social distancing.
- Working collaboratively with the study team and attend meetings in person/online where required.

## We are looking for people who are:

- Based in the Cwm Taf Morgannwg University Health Board area (Rhondda; Taff Ely; Merthyr; Cynon; and Bridgend).
- Connected with or are willing to connect with a range of social groups, organisations and clubs in the Cwm Taf Morgannwg area.
- Enthusiastic, friendly and approachable and who like meeting new people.
- Feel able to approach people to talk about cancer (we will provide training to help you with this).
- Have access to a computer and are computer literate (some events may need to be held online due to COVID-19 restrictions).
- Self-motivated.

The **use of a car** is also essential for this role, and all reasonable travel expenses will be paid. There are five of these roles, and ideally we are looking for people from Rhondda; Taff Ely; Merthyr; Cynon; and Bridgend.

It may also be beneficial to the role if you can converse in **Welsh** as well as English (this is not essential).

Training for the role, campaign materials, a mobile phone and any Personal Protective Equipment (PPE) (this may be needed to engage with members of the community) will be provided by the study team.

This is a voluntary role but you will receive a small reimbursement for your time. The time spent weekly on the role is flexible but we suggest that you might want to spend approximately eight hours a week doing the role. The role will commence in May 2021 and last eight months.

For more information (e.g. regarding the role, reimbursement for your time, etc.) contact Gwenllian Moody on [moodyg@cardiff.ac.uk](mailto:moodyg@cardiff.ac.uk).

### **Tell us about yourself and apply!**

If you would like to apply for this role, please send a half-page summary to Gwenllian Moody ([moodyg@cardiff.ac.uk](mailto:moodyg@cardiff.ac.uk)) of why you are interested and what qualities you think you can bring to the role. If we think you might be suitable you will be invited for an informal group interview.