



Become a Health Champion for Oxford

Support a local GP Practice by volunteering and make a difference in Oxford!

If you are seeking a rewarding experience, opportunities to develop your skills or you just like to meet new people, then volunteering in a city GP Practice may be ideal for you. Our Health Champion volunteering programme is an on-going initiative where you can get involved in one of three ways:

- **Practice Based Health Champion:** work within a GP Practice providing support with digital access, administration, events, outreach and patient involvement projects
- **Health Champion Buddy:** support patients with lifestyle change, de-cluttering, provide companionship, support with domestic tasks, or help escort patients to an activity or appointment.
- **Community Health Champion:** help build stronger links between general practice and the local community and improve health through health walks, special events and partnerships

We are recruiting Health Champions throughout the year and are looking for people to gift their time on a weekly basis for 2-3 hours. Exact timings will be flexible around your availability. Travel expenses will be reimbursed within the Oxford City area.

Visit www.oxfed.uk/volunteering-general-practices for more details and to apply to get involved.