



Sevenfields Community Health Champions

Downham Dividend Society Community Land Trust and Social Life are working with Lewisham Council, Sevenfields PCN and local residents to understand what would improve health and wellbeing for people living in Downham, Grove Park and South Catford.

Would you like to tackle health inequalities in Downham, Grove Park & South Catford?

How you can get involved?

As a volunteer you can...

... join our **community-wide workshops** in the autumn. We will talk about health and wellbeing and team up to develop better ways to help local people be healthy.

... **feed into our community research in September and October**. Share your thoughts about how to improve health for yourself, your family and your neighbours!

... **come to our community listening sessions** between between December 2023 and February 2024. We will work together to develop easy-to-access services that reach all our local communities.

Or you can work with us

... by becoming a **Community Health Champion for the Sevenfields area**. We are recruiting four people from Downham, Grove Park and South Catford to join our team and get involved in tackling health inequalities.

Complete an **application form online** or contact us (details below) for a hard copy of the form. Scan this QR code to access the form or use this link: <https://forms.gle/Qc1FdJwG4ENwBQqt5>. **Deadline Friday July 28th!**



We will be looking for people who are:

- Residents of **Downham, Grove Park or South Catford** who have a good knowledge of the area
- Involved in local groups and organisations
- Committed to improving their communities
- Interested in learning and developing outreach and research skills and how to develop new health and wellbeing service
- Curious, empathetic and interested in other people's experiences
- Comfortable speaking to people from a wide range of backgrounds
- Organised and reliable
- Able to commit one day per week to the project between September and the end of May 2024
- Are 18 years old or older
- Have permission to work in the UK.

If you have any questions please get in touch on 0207 703 9630, or email hello@social-life.co