

About the Prevention resident reference group

Do you live in Hackney or the City? Are you interested in improving health and wellbeing for yourself and the people around you? Why not join the Prevention resident reference group?

The Prevention resident reference group is a volunteer group of City and Hackney residents that help develop new ways to support people to live longer, healthier lives. There is lots of flexibility on the time commitment you can give and how you want to get involved and the types of projects that may interest you. These volunteer roles are part of work improving the NHS, social care and public health.

Some examples of ways to get involved include:

- system wide approaches to tackle obesity
- helping people to stop smoking
- supporting people to better manage their diabetes and other long-term conditions
- plans to enable all frontline staff to 'make every contact count', so they are skilled and empowered to have healthy conversations with patients and the public and signpost them to relevant local services and support.

How does the Prevention resident reference group work?

- Register your interest with kate.wignall@hackney.gov.uk / 0208 356 2727.
- We will then either email or telephone you (depending on your preferred method of contact) to find out about your interests and explain the ways you can get involved.
- Information will be given about the project, the time commitment required and what the engagement is hoping to achieve.
- Ways to get involved will vary depending on the project and could be a focus group, workshop(s) or answering a survey.
- The reference group will also help with further outreach to engage other residents through your local networks, friends and family etc.
- This is a voluntary role and volunteers will be given access to training, reimbursement of travel, childcare and carer expenses.

This is part of the Integrated Commissioning Programme. Please register your interest by contacting kate.wignall@hackney.gov.uk or telephone 0208 356 2727 to discuss this further.