



AMAZING STORIES



FACTFILE

NAME

Debra Waller

ROLE

Councillor for the Sandhill Ward

SUMMARY OF ROLE

As a local Councillor I have a key role in my local community and I get to meet a wide range of people from the Sandhill Ward on a day to day basis. I deal with a variety of issues on behalf of the residents in my area.

WHAT I DO?

I sit on the Health & Wellbeing Scrutiny Committee and meet people from a range of local agencies and businesses. The Committee is informed by representatives from different sectors such as Public Health

and the voluntary and community sector. Some of the areas that have been looked at by the Committee include independent living and social care, discharge from hospital and wider health and wellbeing issues. I have also been a member of a Health Task & Finish group that has helped to implement the Health Champions programme.

DIFFERENCE THE HEALTH CHAMPION PROGRAMME HAS MADE TO MY WORK

Going through the Health Champion Programme has enabled me to have a better understanding of wider health issues, for example, someone who has a housing problem can also have financial issues that can have a knock on effect on the family's health. The Health Champion programme has equipped me with the skills to refer people to different services in the community and I now feel that I have a better understanding about the organisations that can help. As a Council representative on the Grindon Young People's project I have suggested introducing talks about the effects of alcohol which shows how being on the course has widened my thinking about health issues for young people.

"THE HEALTH CHAMPION PROGRAMME HAS MADE ME MUCH MORE CONFIDENT ABOUT REFERRING TO DIFFERENT SERVICES AND I ALWAYS CARRY MY 'QUICK GUIDE TO LOCAL HEALTH SERVICES' CARD WITH ME, IT IS INVALUABLE!"