



# AMAZING STORIES



**“LOCAL PEOPLE WILL COME IN AND SEE A FRIENDLY FACE AND WILL OPEN UP MORE, THERE IS MUCH LESS PRESSURE THAN GOING SOMEWHERE ‘OFFICIAL’ LIKE THE DOCTOR’S SURGERY. IT AVOIDS THE ‘WHITE COAT’ SYNDROME.”**

## FACTFILE

### NAME

Margy Heskett

### ROLE & ORGANISATION

Employment & Learning Officer,  
Jubilee Centre

### SUMMARY OF ROLE

As an Employment and Learning Officer, I work with adults to help them improve their job prospects. I help people to compile a CV, assist with job search and advise on learning opportunities such as adult learning courses and Learn Direct. I am also a tutor within the centre supporting learners to gain qualifications in numeracy, literacy and IT to improve their job prospects.

### WHAT I DO?

Part of my role is to give advice on health issues and healthy eating as the centre runs a ‘Fit and Fine’ project that includes free health checks such as weight, blood pressure, body mass and body fat checks on the CHIP (Community Health Information Point) machine. There is also community access to Vibroplate sessions and free recipes as part of a ‘Fit and Fine’ booklet.

### 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 such as emotional health and how finances can have a knock on effect to someone’s wellbeing. It has enabled me to refer people to different services in the community.

Working in a community setting is also helpful as local people will call at the centre and are much more likely to ask questions about their health when they know a friendly face. Many people will be visiting the centre to take part in Pilates and fitness sessions for example, so will call and ask for advice on their weight and healthy eating at the same time.