



AMAZING STORIES



FACTFILE

NAME

Daniel Krzyszcak

ORGANISATION

International Community Organisation of Sunderland (ICOS)

SUMMARY OF ROLE

I volunteer for the ICOS and I give advice and guidance to our clients around health and signpost them to the appropriate service if required.

WHAT I DO?

We are currently working with the Stop Smoking Service; they come in weekly and I am tasked to getting people from our community involved.

DIFFERENCE THE HEALTH CHAMPION PROGRAMME HAS MADE TO MY WORK

A significant difference, I am more confident on all health matters, I know how to deal with issues, I can then help our members by signposting them in the right direction. I have thoroughly enjoyed all the courses, and I would like to thank the Health Champion people.

“THE HEALTH CHAMPION’S PROGRAMME HAS GIVEN ME THE CONFIDENCE TO HELP OTHER PEOPLE FROM THE INTERNATIONAL COMMUNITY.”