

Newcastle Health Champion Network

Newcastle's Health Champion Network is a group of people who volunteer to support people in their communities, to have better access to and use, health and wellbeing information, support and services.

The Network is supported by Newcastle City Council Public Health, and works across Newcastle upon Tyne.

Supporting health and wellbeing in your community

Lots of factors can affect your health and wellbeing. These things about you such as, your age, gender, ethnicity, or disability. Or your behaviours such as, smoking, physical activity, alcohol and diet.

Other factors that cause unequal and unfair differences in our health and wellbeing are known as health inequalities. They include:

- housing
- education
- employment
- income
- social support

You can volunteer to join the Health Champion Network, to support your communities who are experiencing unfair differences to their health and wellbeing. Helping our communities to be healthier and happier.

What happens in the Health Champion Network

Volunteers in the Newcastle Health Champion Network support communities to find, understand and use health and wellbeing information, support and services. You can use your own networks and life experiences to help others overcome unfair differences in health and wellbeing. There are lots of ways you can be an active Network member. For example you can help by:

- sharing brief health and wellbeing advice with your networks
- signposting people to health and wellbeing services
- providing information in way that's accessible to your community. This could be talking to others, video, community radio, audio or images

- getting involved in events, workshops, and campaigns to promote important health and wellbeing topics
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Join the Network

You can volunteer to join the Network if you live, work or study in Newcastle. Network Members act as the heart and voice of their local area. You can join to represent:

- yourself and your community
- an organisation, and the communities that they work with

To join Newcastle's Health Champion Network sign up using the forms below.

- [Health Messenger](#)
- [Health Champion or Health Advocate](#)

[Contact Newcastle's Health Champion Network](#) for more information or if you need help to complete the form to join the network.

Last updated: March 27, 2025

Useful Organisations

Health Champion Network

Email: communitychampions@newcastle.gov.uk

Website: <https://www.newcastle.gov.uk/community-champions>

Telephone: 0191 211 5055

Address: Newcastle Civic Centre, NE1 8QH

Related Articles

[Health Inequalities](#)

[Giving up smoking](#)

[Get involved in your community](#)

[Having your say about health and care services](#)

[Advocacy support to get your voice heard](#)