

You are here: > [Home](#) > [Health & Social Care](#) > [Public Health](#) > Youth health champions

Youth health champions are volunteers who help young people in Peterborough to talk about youth health.

It's an exciting role for young people who wish to make a difference towards increasing the accessibility of health services for young people, including sexual health, emotional well-being and weight management.

Involvement

Youth health champions work with young people across the local area, helping them develop healthier, more active lifestyles. As a champion you'll get lots of training and support, and it's a chance for you to use your energy and ideas to make a difference to the wellbeing of other young people.

As a youth health champion you can:

- > Commit as much or as little time as you want.
- > Receive training, advice and support.
- > Get in touch with individuals or groups of young people that can benefit from your help.
- > Arrange activities, including organising a bake-off to running a street dance session - the choice is yours!

What you will gain

- > Accredited qualifications, which can be the equivalent to GCSEs and look great on your CV.
- > Experience of working with people - helping your job prospects, especially if you want a career in health and social care, marketing or events.
- > Chance to meet new people and make new friends.
- > Free training and networking opportunities.
- > Lots of self-confidence.

Get involved

If you are interested in becoming a youth health champion or would like more information, please get in touch with us:

- > Telephone: 0800 376 5655
- > Email: healthy.peterborough@nhs.net
- > Website: www.healthypeterborough.org.uk/2018-19 (<https://healthypeterborough.org.uk/2018-19>)
(<https://www.healthypeterborough.org.uk/2018-19>)
- > Twitter: [Twitter.com/HealthyPboro](https://twitter.com/HealthyPboro) (<https://twitter.com/healthypboro>)