

# Practical considerations when running a health promotion or in-reach session

This supports the information in [this film](#)

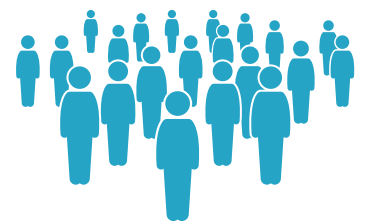
## Identify your why

- Why do you want to run the session?
- Is this something your clients have shown an interest in?
- What do you want to achieve?



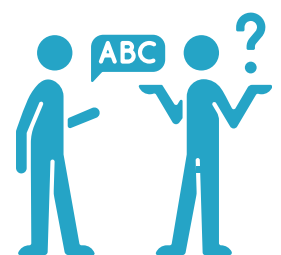
## Work locally and be led by your people

- What are the issues the people you work with are facing?  
Is there a particular health condition/s?
- Is there a seasonal or demographic need? *I.e.: if winter is coming up, you could focus on the flu jab. If you're a women's only service, you could invite people who identify as a woman.*
- Ask people what they want. You could do a survey or a focus group to find out more.



## Remove barriers - bring people to you

- Are there local services you can work with?
- What communication issues might there be? Can you support or minimise form filling out or can you offer translated information?
- How can you make people feel comfortable and safe?



## Have key roles and responsibilities mapped out

- Who is responsible for what?
- Who do people need to speak to and is it clear?
- Do clients know who they go to for different needs?
- What happens if things go wrong? Is there a plan B?



## Consider the time

- When are most people around?
- What else is happening and does it conflict?
- Be flexible and don't rush people.



## Preparing the space

- Do a risk assessment.
- What else is on offer? Food? Haircuts? Benefits advice? Workshops?
- Create a safe space - set and respect boundaries.



## Communicate in advance

- Remember, health is not always someone's priority.
- How can you let people know what is happening?
- Help people make informed decisions about attending and dealing with their health.



## Prepare and look after the staff, volunteers and partners involved

- Do staff have reflective practice or the opportunity to debrief? Do they feel supported?
- Ensure everyone involved knows the policies and procedures around safeguarding, confidentiality and boundaries.



Please note, for consistency and brevity we use the term clients in these resources. This refers to anyone experiencing homelessness who may be in attendance at a health promotion session. Other terms may include residents, guests, beneficiaries, individuals or service users. We encourage you to use people's names and ask their preference when you are working face to face.



[www.groundswell.org.uk](http://www.groundswell.org.uk)

Socials: @itsgroundswell

Registered charity number: 1089987



Financial support has been provided to Groundswell Network Support UK as a grant from Pfizer Ltd