



Health Pledge Guidance for Groups

We are keen to help promote Health Pledge in other areas through groups and want to help you in any way we can. To help we have section on our website called **Group pledges** which will be useful for you to read.

We also have a section called "Resources" which has flyers and posters and pledge slips etc. We have done these as Microsoft Word docs so that you can personalise them. Obviously that doesn't mean you being Health Pledge but you can do things like: "**Your group name** is proud to support Health Pledge"

We would love to have your pledges on the Health Pledge website as it helps to build the communal feeling!

You can all see which are your pledges on the website as there is an option to say which group the pledger belongs to and that could be your group name.

Of course you can post them on your wall too!

At our practice we had a big display in the waiting room. A smiley face with the heading "We have pledged, why don't you?"

Underneath we had pictures of the doctors and nurses holding their pledge slips. We also had flyers explaining the idea, some Health Pledge slips and a collection box.

We didn't get a great response. We have discovered that you are more likely to get commitment if people are encouraged face to face.

If you can get volunteers/staff enthusiastic so that they hand out flyers and chat to people about it then you have more chance. We have found it works well for medical staff as they can suggest patients make a pledge to check blood sugar properly or not run out of asthma medication, but not all are keen to do that.

Otherwise, we have found that talking to groups works well. We've done Brownies, primary schools, our Asian support group, nursing students, COPD group etc . We are looking to try some of our practice clinics next and other community groups.

We had a stall on the local market with lots of support leaflets (free from relevant websites) and a stand at the local supermarket with nursing students and tutors from Manchester Metropolitan University (MMU).

It's not just about our patients, it's about the community. We found shoppers were very interested

You will have a local health promotion team, it may be worth contacting them. Also if you contact your local authority you may be able to get some funding to help with leaflets etc. Our local printer did some stuff free for us as long as he could put a small logo on the leaflets and so did MMU.

Obviously group leaders will need to set a good example by pledging.....See what you think and let us know if we can help further