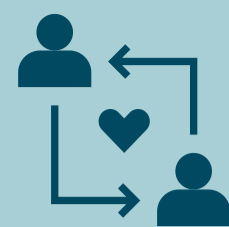
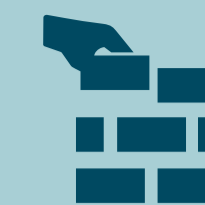




Know and understand the community in which we work



Build and support groups and relationships



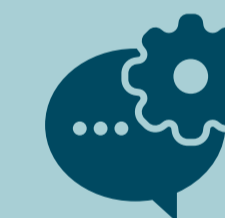
Build capacity to take action on community health issues



Build equality and tackle inequalities



Develop and support collaborative working



Develop and support sustainable community influence



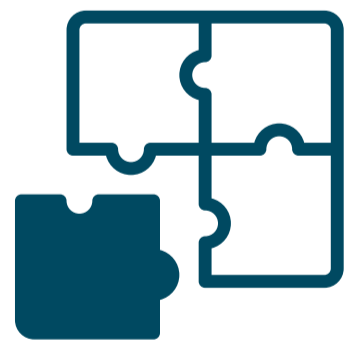
## What is community-led health in practice?



For each of the six areas, please consider the prompts and write your thoughts and reflections in the blank boxes.



The questions are not prescriptive and are there to help with reflection and discussion on what community led health looks like in practice.



You do not have to fill in all six areas – only fill in sections that you feel are relevant to your role and your organisation's work.



This worksheet is for your own professional development, we will not be asking for a copy. This is for your own personal reflection to take away from today.



## Points to consider

- Which of these practice areas do you identify with?
- Which areas do you have skills or experience in? What are your strengths in these areas?
- Which areas would you like to develop further skills or experience? What would help?
- Which areas are already part of your work? What do you already do in this area?
- Which areas of practice would you like to do more of? What would help?
- How could these areas of practice assist you/your team achieve your existing priorities?