

Public Health Community Fellowship (PHCF)

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The Fellowship

- 4 groups of FY2 doctors
- 4 community groups
- 4 public health specialty trainee mentors
- 3 months







A-Buzz

- Worked alongside A-Buzz, a parent forum in Southampton
- Single voice for parents/carers of 0-25 year olds with physical or learning disabilities or additional needs living in Southampton





Our brief

- Develop and deliver workshops for parents to support them in encouraging healthy lifestyle for their children, with a particular focus on sexual health and healthy eating



Talking



Talking Changes



Project achievements

- Held a focus group with parents connected with A-Buzz
- Researched existing resources and performed literature review
- Developed and delivered workshop for parents
- Created a peer mentoring resource pack for A-Buzz
- Raised sexual health as a talking point among A-Buzz members



Impact on my future work

- Greater understanding of barriers some patients experience in accessing services
- Practical project management skills
- Inspiration and enthusiasm for future projects



With thanks to all involved in PHCF:

- Community partners: A-Buzz, Southampton Sight, Age UK, Worker's Educational Association
- Dr Julie Parkes
- Specialty trainees in public health, group mentors

