

## ***Champions***

### **Norfolk Safeguarding Adults Board Manager's Blog**

**October 2019**

Quiz question: what word connects a children's TV programme which ran from the mid-1970s to 1995, a football chant and the athletics coach and BBC sports commentator Ronald Pickering?

Answer: *Champions* or '*We Are the Champions*', the children's TV sports programme. Along with *The Banana Splits*, *Grange Hill*, *Why Don't You?* (or to give its full title *Why Don't You Just Switch Off Your Television Set and Go and Do Something Less Boring Instead?*), it was one of the TV programmes I grew up with.

I found myself humming the theme tune to *We Are the Champions* as I came away from a planning meeting for the launch of the **Safeguarding Best Practice Champions network** for care home providers. This idea has been developed by Christine Futter from [Norfolk and Suffolk Care Support Ltd](#) (NSCS), along with the Quality Improvement Nurses for Care Homes from the Norfolk Clinical Commissioning Groups (Kate & Irene) after consultations with registered managers. NSAB was invited to get involved, which we were of course very keen to do.

The idea of '*Champions*' in health and social care is not new one and now well established. We have seen the role used to promote awareness of dignity, dementia, infection control to name just a few, but to date Norfolk does not have the benefit of a safeguarding adults champion network.

The role of champions is particularly valuable for implementing for healthcare changes. Miech et al (2018) systematic review identified 199 articles on champions and found that:

*'individual studies consistently found that champions were important positive influences on implementation effectiveness'*.

For example, champions played an important role in a major transformation programme of public services in Wigan over a six year period (see [King's Fund report June 2019](#)).

A champion is simply a person within a workplace who takes on an additional role to provide colleagues with support and advice around an aspect of practice. The role is open to anyone with an interest in the topic. The only requirement is they are motivated to drive change in their service. Acting as a champion, a member of staff will:

- grow their knowledge of the subject matter
- raise their competence and confidence in the area
- meet regularly with other colleagues to share good practice and experiences

Champions are given additional training in the subject area so they can be a source of support to their colleagues and the first of three training sessions for adult safeguarding champions was held on Friday 20 September. Attended by 24 colleagues representing 16 care homes this was an excellent start and looked at the pathway for raising a safeguarding concern to the local authority. **But is it not to late for your care provider to send a member of staff to the next meeting.**

Over the coming months we are looking to build the network so all Norfolk's care homes have an *active* champion in place.

*Having a safeguarding champion supporting your service is a very positive statement of your intention to safeguard those in your care and sends a strong signal to those you support, their families and the regulator that you are proactive about safeguarding.*

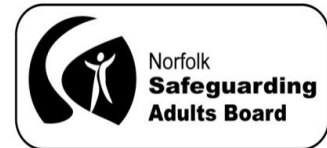
If you are reading this and thinking your service (care home or domiciliary care) would be benefit, please get in contact with [Norfolk and Suffolk Care Support Ltd](#) (NSCS) on 01603 629 211.

The next meetings are planned for:

- Tuesday 21st January 2020 (registration 0830, session 09.00-12.30 at The Willow Centre, 1-13 Willowcroft Way, Cringleford, Norwich NR4 7JJ
- Wednesday 3rd June 3rd 2020 (time and venue details as above)

### **Help NSAB promote this**

Can you help promote this initiative to care homes and domiciliary care agencies?



If you are visiting care homes (community nurses, GPs, physiotherapist, occupational therapists, social workers etc) or you are visiting a loved one, please take a few minutes to tell the manager about the safeguarding champions. If they don't yet have one, encourage them to speak to NSCS about joining.

Walter Lloyd-Smith  
NSAB Board Manager

Tuesday 21 October 2019

Miech EJ, Rattray NA, Flanagan ME, Damschroder L, A Schmid AA and Damush TM (2018) Inside help: An integrative review of champions in healthcare-related implementation, SAGE Open Medicine Volume 6: 1 –11

<https://journals.sagepub.com/doi/pdf/10.1177/2050312118773261>

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