

# Intentional Health

Intentional Health enables local churches to inspire healthy communities by supporting the wellbeing of individuals in their community and providing a signposting option for health professionals.

**Activity** The 10-session, easy-to-follow programme includes interactive presentations and activities to help participants understand how to lead a healthier lifestyle, while sharing the Gospel.



**Time Frames** After volunteers have joined a 10-week course there is a 2 days training to complete. On average, volunteers allow 4-5 hours each week to run the programme, including delivery, preparation and follow up. You could be running your first programme within a term of attending and training on a course.

## Financial Costs/Contribution

It costs £600 for 2-4 volunteers to take part in the 10 week programme and a 2-day training course.\* The fee includes all manuals and resource packs. There is also a license fee of £35 per month (minimum of 1 year Partnership).

\*A £25 fee paid up front for the 10 week course is deducted from final payment.



## Civic Partnership

Intentional Health can help churches connect with local GP surgeries, family centres and practice managers to promote the programme.



## Project Support

All Coaches complete a full online 10-week programme, giving them a chance to try before they buy and experience the transformational content for themselves.

A further 2 days training equips the team of volunteers to run programmes online or in their community as well as resources and regular ongoing support for the duration of partnership.

## Physical Resources

Community groups need a space to hold the sessions, equipped with chairs, a laptop with TV or projector, and be able to serve refreshments.

On-line courses will need wifi, a paid Zoom account and ability to use its functions to run the course from.



## Human Resources

Between 2 - 4 volunteers are required per team. They don't need any specific health knowledge or expertise, but Intentional Health suits people with a passion to inspire holistically healthy communities.

*"I feel so much healthier now and know this will continue to get even better. Learning from Intentional Health was the key to such a fundamental change. Thank you from a life transformed ☺."*  
Intentional Health Participant

## Replications

**Intentional Health**  
has  
**7**  
projects across  
the UK

*"Intense, stretching, rewarding, challenging, helpful, stimulating (and never boring). What I hoped for, but even better."*  
Intentional Health Church partner.

To start a **Intentional Health** project in your church, visit  
[www.intentionalhealth.uk/partner](http://www.intentionalhealth.uk/partner)