

*day in the life of a*

# COMMUNITY AMBASSADOR



**Name:**

Jamaul Taylor

**Community:**

Roots  
Community  
Services

## Tell us about yourself

I am a Community Health Ambassador with Roots Community Services. At Roots, we focus primarily on the structural barriers that affect the Black, African and Caribbean (BAC) communities and try to invoke strategies to overcome those barriers. I take this opportunity as an ambassador to educate myself on my own culture and learn more about the diaspora that is the BAC community.

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## **What are you fulfilling in your community?**

Myself and the organization are taking steps to combat systemic barriers that are being experienced by the BAC community. I do a lot of engagement with people of all ages and in different settings.

## **How do you serve your community?**

I provide pandemic safety guidelines as well as information on primary care, mental health, and physical health. I listen actively to community members on challenges they are facing, building rapport based on trust, respect and honesty.

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## **what are your day-to-day activities?**

I do outreach either in-person or virtually. I provide information about holistic wellbeing and about my organization. Through outreach I make connections and build relationships with the community to gain their trust and to deliver high-quality support.

## **How has your role evolved over time?**

In the latter half of 2022, we started focusing more on holistic wellbeing. Apart from COVID-19, I also share resources on mental health, cancer screening, diabetes, and trying to refer people to primary care physicians accepting patients

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## **What skills are essential to the role?**

It's also important to know my own culture, or educate myself as much as I can to relate to those a part of my culture. I also believe that active listening is key to knowing what services will best serve an individual.

## **How do you see the impact of your work?**

By following up and being told that my support and referrals were helpful lets me know that I'm making a difference in their lives by means of improving it. It's also when I see the successful turnout to our events and clinics at Roots.