

day in the life of a

COMMUNITY AMBASSADOR



Name:

Mehar Qaisar

Community:

Flemingdon
Community
Health centre

Tell us about yourself

I am a community health ambassador. I have always wanted to help the community. I work for the whole community in the flemingdon area. We started with doing pop up vaccination clinics. We talk to managers in buildings and get their permission to come and provide support in the building, answer people's questions and provide them with resources. Everything we do is open for the entire community.

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What are you fulfilling in your community?

I felt that in my community, women are not involved. I joined because I want everyone to be involved. So whatever program we organize, I share it with the women in my community and I always tell them to come out.

How do you serve your community?

I can say that many people in our community didn't know about the many services that are out there. Many are struggling and we tell them where they can go for help. Sometimes there is stigma and we try to change their perception.

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What skills are essential to the role?

You have to be a person that can inspire others in the way you give information. We cannot tell people what to do, but we can inspire them by the way we are talking them.

How do you see the impact of your work?

This morning, I talked to a woman who told me, "you told me to join this session and when I go there I feel very relaxed and it makes me happy". I hear this a lot from the community.