

Our service model



Where can I find a healthtrainers?



Get in touch with the healthtrainers

-  0800 9177752
-  Quit to 60163
-  HNF-TR.healthtrainers@nhs.net
-  @healthtrainers1

www.nhs-health-trainers.co.uk

The service is FREE and confidential.
You can contact healthtrainers, Monday to Friday, 8am – 8pm and Saturdays 9am – 3pm

If your preferred language is not English, or for those who are blind or partially sighted, we can make arrangements to help you with this document.

Improving Health and Wellbeing

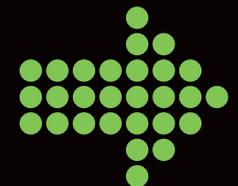
NHS
Humber
NHS Foundation Trust

Ready to change to a **healthier** lifestyle?



healthtrainers

We can help you...



We can offer help and support with...



the role of healthtrainers

healthtrainers provide personal support and motivation to adults across the East Riding who wish to lead a healthier lifestyle.

We all have issues in our lives which may affect our health in some way. You may want to get fitter, control your weight, have a healthier diet or quit smoking. You may want to reduce your stress levels or just feel better about yourself.

If you want to become healthier but don't know where to start, a healthtrainer will be able to help you work out exactly what you want and how to go about it.

healthtrainers are friendly, understanding and supportive. They will help and encourage you to achieve and maintain a healthier lifestyle.

Your healthtrainer will guide and support you with:

- 🍏 healthy eating
- 🍏 losing weight
- 🍏 physical activity
- 🍏 giving up smoking and substances
- 🍏 cutting down on alcohol
- 🍏 loneliness and isolation
- 🍏 sexual health
- 🍏 reducing stress and anxiety

who are the healthtrainers

healthtrainers are people just like you. They have been recruited from the community, bringing with them a range of skills, experience and local knowledge.

healthtrainers come from a variety of backgrounds. They have the knowledge and experience of living and working in the community and they understand how difficult it can be to make healthy choices sometimes.

healthtrainers have undergone extensive training and they keep up to date with all the latest health information. They will be out and about at public events to give out information and support you.

healthtrainers will help you set achievable goals, develop your personal plan, identify and overcome barriers and provide ongoing encouragement and support. They know the local area and can put you in touch with local services, community groups, support and self help groups.

healthtrainers can spend up to an hour with you at each meeting. You can meet with them weekly or fortnightly for up to six sessions if you need to. They also provide telephone support if you find it difficult to get out.

healthtrainers are not qualified to give medical advice. If you have a high-risk medical condition e.g. heart problems or uncontrolled high blood pressure, you are advised to see your GP or practice nurse before making any major lifestyle changes.

how do I get a healthtrainer?

Please complete the slip below and post it to our central office located at:

**Healthtrainers
Humber NHS Foundation Trust
19 Quay Road
Bridlington
East Yorkshire
YO15 2AB**

You will be contacted by a healthtrainer to arrange a meeting in a location across East Riding suitable for you.

You and your healthtrainer will have a one-to-one confidential meeting to agree healthy changes to your lifestyle.



NAME

ADDRESS

D.O.B.

TEL NO.

NHS NO.

What are your healthy lifestyle priorities?

- | | |
|---|---|
| <input type="checkbox"/> losing weight | <input type="checkbox"/> exercise |
| <input type="checkbox"/> alcohol/substances | <input type="checkbox"/> smoking |
| <input type="checkbox"/> stress/anxiety | <input type="checkbox"/> healthy eating |