



Start your journey by contacting a Health Trainer in your area:

What is a Health Trainer?

- A person who lives and/or works in your local community and understands the issues you face to change to a healthy lifestyle.
- A person who takes time to listen to you.
- A person who can offer you support and encouragement.
- A person who can help you achieve big differences through small achievable realistic steps.

Mansfield
Mansfield Community & Voluntary Service
☎ 01623 651 177

Jigsaw
☎ 01623 662 200

Ashfield
Ashfield District Council
☎ 01623 457 537

Coxmoor Community Centre Ltd
☎ 01623 752 665

Broxtowe
The Helpful Bureau
☎ 0115 949 1175

Newark & Sherwood
Newark & Sherwood Community and Voluntary Service
☎ 07908 986153

Gedling
Gedling Community and Voluntary Service
☎ 0115 926 6750

Bassetlaw
Bassetlaw Primary Care Trust
☎ 01777 274 422

If you live in Nottingham City contact:
☎ 0115 8834366
for information about their Health Trainer service.

The NHS is working in partnership with community organisations in your area.

Health Trainers



Helping you to make small changes that can make a big difference to a healthier lifestyle

A service commissioned by NHS Nottinghamshire County and Bassetlaw Primary Care Trust



What can a Health Trainer do for You?

Health Trainers can help you:

- Eat more healthily
- Get more active
- Feel more confident
- Quit smoking
- Drink sensibly
- Feel happier and healthier

Why might I need a Health Trainer?

You may want to control your weight, get fitter, have a healthier diet or quit smoking. You may want to reduce your stress levels or just feel better about yourself.

It's often hard to make a change without some support. Health Trainers are fully trained in encouraging people to make healthier changes and have excellent knowledge about services in your area.

Your first meeting

During the first meeting with your Health Trainer, you will be able to talk about the kind of support you're looking for.

Together, you'll agree on a number of personal health goals and how best to achieve them.

Everything that is discussed will be treated in the strictest of confidence.

What do Health Trainers do?

Health Trainers can talk to groups, organisations or individuals about how they can make important lifestyle changes and what options are on offer for individuals to achieve the results they want.

Health Trainers will use a personal health plan to map out the route to a healthier lifestyle, giving you details of all the help and information you need to support a positive lifestyle change. This will be reviewed with you and adjusted to suit your changing needs.

Health Trainers are not qualified to give medical advice, and they may suggest you see your GP or practice nurse before making any major healthier lifestyle changes.

Health Trainers have an excellent understanding of the local area and can help you to access local services and support.

Take some small steps to a healthier lifestyle. Start your journey by contacting your local Health Trainer.