



Manchester **Community Health Trainers**

Helping you to help yourself

one small change

can make a

big

difference

Tel: 0161 861 2548

Feel good about yourself

Do you want support and encouragement to lead a healthy lifestyle?

Do you have a goal in mind but not sure how to get there?

Yes? Then give us a call and we will find your nearest Community Health Trainer to kickstart a change. Health Trainers are based with services across Manchester. **This is a free service.**

Manchester Community Health Trainers can help you find ways of leading a healthier lifestyle and look at areas where you are tempted into unhealthy habits. Health Trainers can work with you to find different ways in which you can become healthier.

Health Trainers are local people who have been trained to have skills to help you make a real difference to your health. By offering practical support and guidance on health issues and lifestyle matters, they will help you to make small changes that will make a big difference to your life.

Are Manchester Community Health Trainers for me?

If you would like help and support to eat healthily, become more active, sleep soundly, manage stress, become smoke free, drink less alcohol and meet others, then Health Trainers are for you.

Who can access the service?

People who live within Manchester can access the service. All that we ask is that you are ready to make a change. If you are, then we can help.

What happens next?

A Health Trainer will contact you and talk to you about the support you are looking for and the goals you would like to achieve.

All information will be treated in the strictest of confidence.

When can I expect to see my Health Trainer?

You can expect to see your Health Trainer at a mutually convenient time, within 2 weeks of your initial phone call. The amount of time will depend on the level of demand on the service at that point in time – but we will keep you informed.

Where will I see my Health Trainer?

Health Trainers are based at various places in the community. A location that is nearest to you can be chosen e.g. children's centres, community centre, GP surgery, library, etc.



What happens when I first see my Health Trainer?

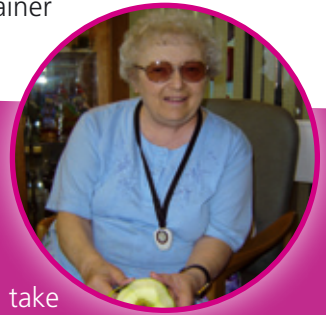
During your first session you will talk about your needs and your Health Trainer will work with you to help you set your own goals. Together you will come up with an agreed action plan that is realistic and easy to follow. You will own your own action plan and any details held by us will be kept strictly confidential.

The support offered will be tailored to your individual needs.



How often can I see my Health Trainer?

This depends on the amount of help and support that you require. You will normally have contact with your health trainer for up to six sessions. In your first appointment your Health Trainer will discuss all the options with you. You can make contact with your Health Trainer face-to-face, over the telephone or by e-mail.



Can I access group support?

Yes - you can meet with your Health Trainer in a group setting, depending on the issues being discussed, demand and personal choice. You can discuss your preferences during your first call and we'll take it from there.

Interested and want to know more?

To find out more information or to book an appointment call **0161 861 2548** or email: healthtrainers@nhs.net and let us help you along the way to better health.

Read on to find out more about the ways Manchester Community Health Trainers can support you to make a health change for the better.



Manchester Community Health Trainers

We can help you to:

- **Eat More Healthily**
- **Get More Active**
- **Live Smokefree**
- **Drink Less Alcohol**
- **Sleep More Soundly**
- **Feel Happier & Healthier**
- **Meet Others**
- **Access Arts & Culture**



Eat More Healthily



Health Trainers are available to help you to change your eating habits. If you want to lose weight or simply have a desire to eat a healthy balanced diet in order to get the health benefits associated with this, then talk to our Health Trainers.

The Health Trainers will work with you if you are thinking about making changes but are unsure where to begin.

The support offered will be tailored to your individual needs and may include: tips for making healthy changes to your diet, providing healthy recipes, and helping to improve your cooking skills.

Health Trainers can offer information based on the Food Standards Agency's "eatwell" plate and show you how to keep a food diary to monitor your food and drink habits. They will be able to signpost you to nearby slimming and weight loss clubs, if needed.

The Health Trainer will provide an individual consultation, where together you will be able to set realistic and achievable goals and then they will support you to achieve these goals. For example, going shopping together for fresh fruit and vegetables or attending a cook and taste session near to where you live.

The Health Trainer will be flexible in their approach to working with you and wherever possible they will try and meet at a time and location that is convenient for you.

**Manchester Community Health Trainers...
helping you to eat more healthily!**

Get More Active



Health Trainers will help you if you wish to improve your activity levels as part of your daily life. They will work with you if you would like to become more active but don't know how to get started, don't know what to do or where to go. Activities chosen could be anything from increasing your regular daily activity levels, to taking part in some exercise at your local leisure or community centre.

Health Trainers are available to attend the first session with you, such as a dance class or Zumba session and they are involved in community activities such as organised walks, where you can simply join in with the rest of the group.

The Health Trainer will help you to set realistic and achievable exercise goals and then support you to meet these goals.

The support provided can include:

- An initial meeting where a Health Check questionnaire can be completed.
- Goal/target setting and agreed action plan.
- Techniques for achieving goals.
- Accompanying you to an exercise opportunity (class/session/group).
- Referral onto an exercise programme/group
- Follow up meetings to review progress.
- Support with finding places in Manchester to undertake a particular activity.
- Possible links to exercise 'buddy' groups
- Physical activity information leaflets



**Manchester Community Health Trainers...
helping you to get moving!**

Live Smokefree



Seven out of ten people who smoke would like to stop. This is for a variety of reasons such as to save money, for better health and to set a good example to children and grandchildren.

Choosing to stop smoking can be one of the most important and worthwhile decisions that a person makes. With the correct information and support, quitting smoking can be made easier.

Health Trainers can signpost you to support services such as the Manchester Stop Smoking Service which offers help and support with stopping smoking in many venues across the city.

They may also be able to tell you about Nicotine Replacement Therapy, Champix and Zyban (products to help you quit), and put you in touch with specialist advisors who know more about them and advise how they can help you get these products.

One-to-one appointments, drop-in's and clinics are available as needed and our Health Trainers will accompany you on a first visit for that extra helping hand if this is helpful.

Whatever your circumstances, help is only a phone call away. A call to our friendly team will ensure you are given the best chance to quit smoking.

**Manchester Community Health Trainers...
helping you to quit smoking!**

Safe and Sensible Drinking



Most people in the North West are unaware of the serious illnesses caused by drinking more than the lower risk levels.

A new survey revealed that:

- **85% of people did not realise it increases the risk of developing breast cancer;**
- **61% did not realise it increases the risk of bowel cancer;**
- **55% did not realise it increases the risk of mouth, throat and neck cancer;**
- **34% did not realise it reduces fertility**
- **26% did not realise it increases the risk of high blood pressure**

Changing alcohol habits can help people to have more energy for physical activity, stopping smoking, sleeping better, and losing weight.

Health Trainers can signpost you to support services such as Manchester Community Alcohol Team which offers specialist help and support in many venues across the city.

Support can include:

- An initial meeting where a Drink Check questionnaire can be completed.
- Guidance around lower risk drinking levels and achievable goals.
- Referral onto other supportive agencies.
- Help in accessing services.

**Manchester Community Health Trainers...
helping you to drink less!**

Sleep more soundly



We don't usually need to think very much about sleep. It's routine. Even so, for most of us sometimes we just can't sleep properly. A recent study found as many as 30% of the adult population are affected by sleep problems. Health Trainers can support you if you are experiencing sleep difficulties. They can provide you with some simple tips on effective alternatives to medications and ways to enable healthy sleep patterns and routines to develop.

Initially a Health Trainer can work with you to highlight any sleep difficulties that you may have, this can vary from person to person. For example, some people have difficulties getting off to sleep while others wake very early in the morning.

Health Trainers can work with you to help suggest ways to overcome any such problems and help improve your sleep. It could be something as simple as a small change to your daily routine that could make a big impact on the way you sleep.

Health Trainers will be able to offer you support and help you monitor your progress, providing time to talk through any particular difficulty that you may be experiencing.

Health Trainers may also refer you onto specialised support groups/ individuals who can tailor treatment to your specific needs.

**Manchester Community Health Trainers...
helping you to sleep more soundly!**

Feel Healthier and Happier



As well as us looking after our physical health it is just as important to do the same for our mental health. How we feel can vary depending on what is going on in our life. For many people stress and anxiety is an everyday problem.

A Health Trainer will be able to carry out a health and wellbeing assessment and help you to identify areas for change in your life. They can make suggestions and offer tips around how to manage your mental health and wellbeing. This could be by recognising and managing triggers in your life that affect how you feel.

They can put you in touch with specialist groups/ individuals who are available to talk in your local area, or a class such as Yoga or Tai Chi which may help you to relax. A Health Trainer can accompany you to your first session and can help you keep track of progress.

Meet others

Connecting with others has been proven as one of the ways to wellbeing. Getting out and about and meeting new people is an important part of life. Maybe you have lost your confidence, maybe you simply want to make new friends... then a Health Trainer can work with you to find a suitable group/activity that will enable you to become more social. This could be anything from a local walking group to a nearby knitting class.

Arts and Culture

Health trainers can help you find out about Manchester's numerous and diverse cultural venues and events; whether it's visiting a gallery or museum, watching a play, going to a sporting event, using a library or going to see live music.

Attending a cultural event can improve your quality of life and your sense of well being as well as being great entertainment!



**Manchester Community Health Trainers...
helping you on your way to well-being!**

**To see how a health trainer can help you.
Fill in the form attached, tear off, fold and
send it to us freepost.**

Name _____

Address _____

Post Code _____

Email _____

Tel No _____

- Please call me I would like to discuss what the Health Trainers Service could offer me.
- I would like to meet a Health Trainer

How would you prefer we got in touch?

- Telephone
- Email
- Post



Business Reply
Licence Number
RRBL-ASHX-YYCB



MANCHESTER COMMUNITY HEALTH TRAINERS
Manchester Public Health Development Service
Victoria Mill
10 Lower Vickers Street
MANCHESTER
M40 7LJ

There are a number of ways to arrange your one-to-one appointment with a Community Health Trainer:

Text the word CHANGE to **81025**.

Call: 0161 861 2548

Email: healthtrainers@nhs.net

Complete and post this self referral form.

We offer:

- Free confidential guidance and support
- One-to-One meetings
- Information about healthy living
- Accompaniment to new places and groups

Our Health Trainers speak a number of different languages.

Manchester Community Health Trainer Service is **FREE**

<http://www.mphds.org>

 @McRHlthtrainers

