

Norfolk and Waveney Health Trainers

General Information

Health Trainers provide free, confidential support within GP practices and local community venues across Norfolk and Waveney. The Health Trainer Service was set up to address health inequalities experienced by some of the most deprived communities classed as MSOA (Middle Super Output Areas). In Norfolk and Waveney the Health Trainer Service primarily targets these areas but also includes anyone who wants to access the service.

Mytime Active and Health Trainer's:

From the 1st March 2013 Mytime Active will manage the Health Trainer contract in Norfolk and Waveney. The service is currently commissioned by NHS Norfolk and Waveney which will change to Norfolk County Council from 1st April 2013 as part of the national transfer of Public Health to Local Authority.

Mytime Active was awarded the three year contract to manage this Health Trainer service. The service will see the integration of two Health Trainer contract- Norfolk Health Trainer and Great Yarmouth and Waveney.

Mytime Health is a division of Mytime Active, a leading social enterprise which believes everyone has the right to a healthy and fulfilling life. Mytime Health delivers patient centred services, through highly trained staff, which reflect the communities they serve. Mytime Health currently runs a number of successful Health Trainer Services across the Country.

Role of a Health Trainer:

Health Trainer's provide local people with information and support, to improve their health and they all have completed a City & Guilds Level 3 Certificate for Health Trainers. This training provides them with the necessary skills as set out below:

- Motivate
- Support
- Encourage
- Overcome barriers to change
- Knowledge of local community & services
- Reduce health inequalities
- Raise self confidence
- Non-judgmental
- Show empathy
- Focus client on achievement
- Signposting to other services

A Health Trainer will see clients on a one-to-one basis for up to 6 visits within a 6 month period depending on individual needs, if additional help is required they can attend maintenance appointments for a weigh-in and further brief advice.

The aims of the one-to-one sessions are to:

- Assess lifestyle & well being
- Set goals & agree action plans
- Provide individual support focusing on behavior change

Health Trainers work with patients on the following areas:

- Giving up smoking
- Reducing alcohol intake
- Increasing physical activity
- Improving diet

Referral Criteria:

Suitability/Client Inclusion:

- 16 or over
- contemplating or making lifestyle changes
- prepared to attend 1-2-1 or group health trainer programme

Client Exclusion:

- Under 16 years old
- Pre contemplation stage of change

How to Refer:

Referrals are accepted via the Health Trainer referral form for any Health Professional or local organisation. The service also accepts self referrals.

For more information or to make a referral please send details to:

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