

Health Trainer Service

Free and confidential service

Issued by the Integrated Wellbeing Service

“A great service, really opened my eyes to decisions I’m making on living a healthier lifestyle.”

Are you over 16 and living in Northumberland?

The health trainer service is here to help you make realistic lifestyle changes that are tailored to your needs. Health trainers provide personal one to one support with:

- healthy food choices
- weight management
- increasing physical activity
- drinking less alcohol
- stopping smoking

Meet our team



‘Here to help you make the right choice’

“I felt very at ease talking to the health trainer, they have helped me to understand the benefits of healthy eating. Very kind and friendly staff, which were very informative, an overall excellent service!”

Health trainer sessions involve creating a free personal health plan which will be developed over 6-12 sessions to achieve and maintain your goals.

If you think a health trainer could help you on your journey to a healthier lifestyle, contact us on:

Telephone: 01670 623840

Email: healthtrainers@northumbria-healthcare.nhs.uk

Our service is available from 9am to 4pm, Monday to Friday.

Personal Action Plans

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

www.northumbria.nhs.uk

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