NHS Health Trainer Service

Wednesday 20th August 2014 - Hoarding and Self Neglect Multi-Agency Conference, The Durham Centre, Belmont Industrial Estate, Durham, DH1 1TN

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Healthworks Co-ordinator
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Tel: 0191 527 4150

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Health Trainer Service

About us:

- Part of the Health Improvement Service within the Foundation Trust
- National Programme – established in County Durham since 2005
- Work in local communities providing advice and support to individuals to help make lifestyle choices
- Aim to tackle three main topic areas that contribute to CVD risk, Diabetes and Cancer:
  1. Healthy Eating
  2. Smoking
  3. Physical activity

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Key Health Issues addressed — 2013/14

- Diet: 69%
- Not required: 21%
- Not yet done: 2%
- Exercise: 1%
- Smoking: 7%
Role of the NHS Health Trainer

- Work with adults 16 +
- Provide 1:1 support with lifestyle change Personal Health Plan with small achievable goals - tailored to the individual
- Offer Health checks (Mini Health MOT)
- Offer 6 to 12 sessions - depending on support needed
- Encourage appropriate access to other health services and social support in the community.
- Accessibility - community venues and home visits if needed
- Aim to reach out to individuals and communities that are least likely to access services

**Fact:** In 2013/14 about 60% of clients seen lived in the most deprived areas of County Durham and Darlington

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Healthy Eating

- Based on the Eatwell plate – focus on health more than weight loss
- Options to include: portions – salt - fats and sugars - food labelling – swap don’t stop
- Using food diaries explore barriers to change
- Positive encouragement is key
- Signpost to cooking courses
- Signpost to GP, practice nurse or dietician if required
- Range of clients – adaptation of resources

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Smoking

- Intermediate advisors
- Discuss the different products available to help with giving up
- Provide 1:1 support over a 12 week quit period
- Discuss barriers to giving up
- Offer tips for dealing with cravings
- Use CO monitor as a motivational tool
Physical Activity

- Look at current activity levels and aim to build on that
- Identify exercise the client is interested in
- Provide information about local activities
- Accompany to exercise groups if needed
- Provide pedometer as a motivational tool if relevant
How to refer:

- Referral Agents: Other professionals within the local community signposting individuals into the Health trainer Service
- Email: enquires@pcp.uk.net Tel: 01325 321234
- Website: www.pcp.uk.net
- Email cdda-tr.healthtrainer@nhs.net Tel: 01207 523 666
- or Safe haven fax number – 01207 523605
- Self Referrals: Tel 01207 523 666
- Follow The Health Trainer Service on Facebook:
  - www.facebook.com/CDDFTNHSHealthTrainerService

**Fact:** In 2014/15 almost 70% of the 1480 of clients engaged were through self referrals
Welcome to Healthworks

Successfully Delivering A Partnership Approach to Community Health

Leigh Ann Ramsay, Health Improvement Specialist, Healthworks Coordinator
Our Vision

“Healthworks working in partnership to improve health, well being and quality of life for our community.”
Co-Production Principles

- Recognising people as assets, because people themselves are the real wealth of the community
- Reciprocal services and programmes, 'giving and receiving' building trust between people and fostering mutual respect
- Building social networks, because people’s physical, mental wellbeing and resilience depends on strong, enduring relationships
Addressing the causes of the causes

- To develop opportunities and reduce barriers for local people to participate in healthier lifestyles, making healthier and easier choices
- To help raise local aspirations, volunteering and employment opportunities
- To start with the communities strengths, skills and passions, whilst recognising local needs
# Themes and services

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How we have designed our services
Healthworks in Practice

Healthworks helped me........Brogan Kay

...to find a job
Healthworks in Practice

Healthworks helped me.......Mick Killeen

...to change my life
Contact details:

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