

There is NOTHING TO STOP YOU NOW!

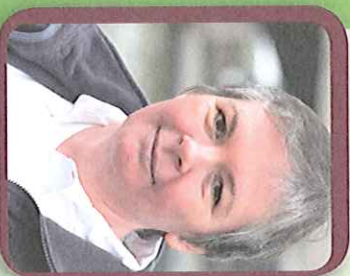
Health Trainers can get you started, with one-to-one support to help you make healthy choices that suit you.



Health Trainers can help you to:

- Eat more healthily
- Be more active
- Stop smoking
- Drink sensibly
- Lose weight

And much more...



Offering reassuring, practical support and information.

Trained to help you identify what could work for you, by setting goals and supporting you to make the changes you choose.

Health Trainers know what's on offer in your local area – contact your local Health Trainer today and take the first step to a healthier, happier you!

Remember, this service is absolutely **FREE!**

WORKING IN PARTNERSHIP

NHS West Sussex, working in partnership with local voluntary organisations, has developed the Health Trainer service to help people to make changes to improve their health. The Health Trainer service supports other health and well-being initiatives.



To find out more visit:
www.westsussexpct.nhs.uk



Supporting and Promoting a Thriving Economic and Industrial Voluntary and Community Sector



Further Information

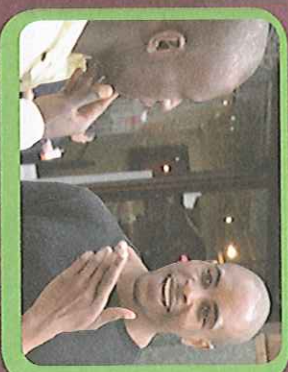
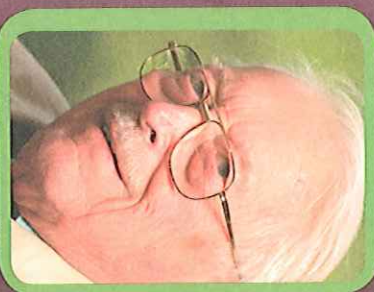
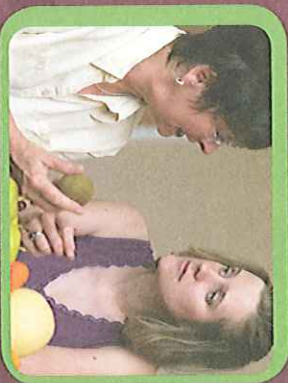
This information can be made available in large print, audio tape or in translation. For further information and advice, please contact your local Health Trainer. See over for details.



Please recycle this leaflet when you no longer need it. Printed on paper sourced sustainably according to FSC standards.

August 2009

WANT TO IMPROVE YOUR HEALTH?



Health Trainers offer free one-to-one support and help, making healthy choices easier

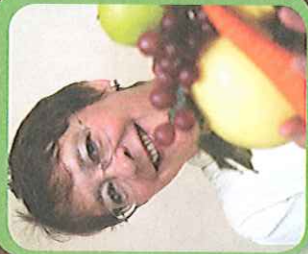


WHAT IS A HEALTH TRAINER?

A Health Trainer is...

- Someone from the local community
- Skilled in helping people make changes
- Trained to work one-to-one with people
- Aware of what services are available in the local area

Health Trainers are not life coaches or personal trainers. They are not able to give medical advice.



WHAT IS ON OFFER?

- Six to eight one-to-one sessions over three months
- Support to develop an individual plan and agree achievable goals and actions
- Help to contact other services for relevant support and advice
- Help to find groups or activities you'd like to join

can i see a HEALTH TRAINER?

Yes, if you:

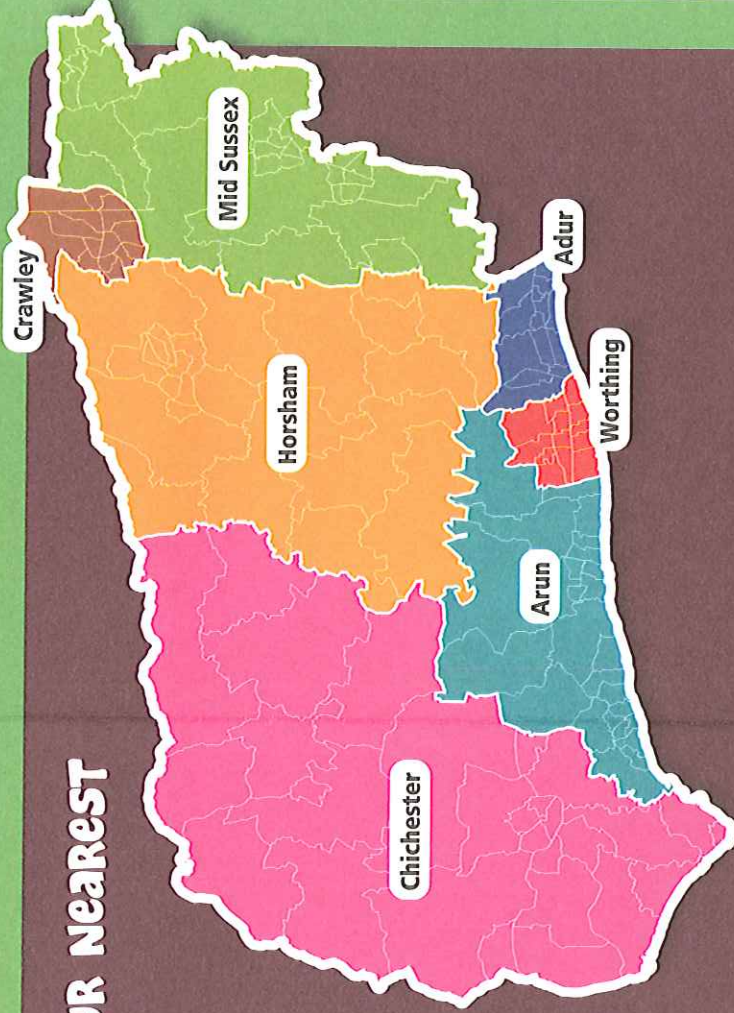
- Are aged over eighteen
- Want to make a lifestyle change
- Need motivation and extra help to make it happen



HOW TO FIND YOUR NEAREST HEALTH TRAINER

To find out if there is a Health Trainer near you:

- Choose the table below that best describes you
- Check column **A** to see if there is a service in your area
- If so, call the number from column **B** to take the next step



Older People

A District	Health Trainer Service	B Contact
Adur	Guild Care	01903 528 627
Arun	Age Concern West Sussex	07546 073 846 07546 571 644
Chichester and District	Age Concern West Sussex	07546 073 840
Crawley	Age Concern West Sussex	07704 291 936
Horsham and District	Age Concern West Sussex	07592 010 316
Mid-Sussex	Age Concern West Sussex	07594 561 655
Worthing	Guild Care	01903 528 627

Working Age

A District	Health Trainer Service	B Contact
Adur	Adur Voluntary Action	01903 854 991
Arun	Council for Voluntary Service – Arunwide Bognor Regis – Littlehampton –	01243 828 783 01903 724 152
Crawley	Crawley Council for Voluntary Service	01293 657 154
Worthing	Worthing Council for Voluntary Service Durrington – Durrington – Heene & Central – East & Central – Main office –	07825 887 609 07825 887 610 07825 887 605 07825 887 547 01903 528 620