

Your aims (please tick)

- Quit Smoking
- Becoming more active
- Drink less alcohol
- Eat healthier
- Improve general wellbeing
- Other (please specify)

How did you hear about us?



How to get in touch

We encourage you to contact us directly when you're ready to make a change.



- Call your Brighton & Hove Health Trainer on:

01273 296877

or email

- healthtrainers@brighton-hove.gov.uk

or

- Complete and return the attached form to us

You may also be referred to us by your GP or another service

What you've said about us ...

"You've been brilliant and inspiring, engaging and empathic. I'm really glad I did this, it has made so much difference to how I feel and I have learnt a method to achieve change in my life"

"What a fantastic service – extremely helpful and enabling"

"It's been useful to get time to discuss my problems with food with someone who is very understanding and non-judgemental"

Thinking about making a change?



Improve your health with the support of our **FREE** and confidential service.

We're ready when you are





If you want to make a positive lifestyle change, we can help you to succeed. Our free and confidential service is designed to support you in achieving realistic and long-term health benefits.

What is a health trainer?

Our team are trained in supporting people to improve their health and wellbeing by setting achievable goals. We are active in your community and have information about the support services available in your area. We will guide and encourage you in making positive lifestyle changes. However, we are not clinically trained, counsellors or life coaches.

When might I want to see a health trainer?

When you're thinking about changing your lifestyle and improving your health. If you want to get more active, stop smoking or wish you could eat a more balanced diet, we can give you support, information and motivation.

What can a health trainer offer me?

A free, confidential and non-judgemental service. We can give you one-to-one support, guidance and information about healthy living. When you are ready, we can help you to make a positive difference in your life.

What happens next?

Once you've made contact, a health trainer will call for an initial chat. If you'd like to, we can then arrange a time to meet.

During the first appointment, you will have the opportunity to let the health trainer know more about yourself and your situation. They will discuss the changes you want to make to your current lifestyle.

As you work together, the health trainer will encourage you to set up an action plan, using a range of techniques. Together, you will review your own progress, so that eventually you feel ready to maintain your healthier lifestyle.

Where can I see a health trainer?

We can provide support in a variety of ways including face to face, by telephone or email. Wherever possible we will meet you at a venue in your local area.

How many times can I see a health trainer?

We can meet with you for a number of sessions, up to six times. This depends on your personal needs and situation

Contacting us



How to get in touch

- 1 Fill in this form
- 2 Put it in an envelope and send to:

Health Trainers
Brighton & Hove City Council
Bartholomew House (2nd Floor)
Bartholomew Square
Brighton
BN1 1JP
- 3 We'll be in touch within 14 days
- 4 Or call us on 01273 296877
- 5 Or email us
healthtrainers@brighton-hove.gov.uk

Your details **CONFIDENTIAL**

Name

Address

Post Code

Tel (home/work)

Can we leave a message for you on this number? Yes / No

Email

