

## Some comments from clients

*"The care I received was absolutely wonderful."*

*"I was listened to with patience and understanding, advice was constructive and targets set at a sensible pace."*

*"I've been able to find inner strength that I thought I had lost!"*

*"I was happy about the service and happy with the sessions."*

98% of our clients who were asked would recommend the service to their family and friends.

## How do I book an appointment?

If you want to see a Health Trainer please ring the Health Trainer Service on 01274 322666.

The nearest available Health Trainer will call you to make an appointment with them.

Please contact us if you have any more questions about the Health Trainer Service.

Telephone: 01274 322666

E-mail: [healthtrainers@bdct.nhs.uk](mailto:healthtrainers@bdct.nhs.uk)

Website: <http://www.bdct.nhs.uk/health-trainer-service>

# Health Trainer Service

Do you want to improve your health and wellbeing?

We're here to help you achieve your goals



**You & Your Care**

[www.bdct.nhs.uk](http://www.bdct.nhs.uk)

## Who are Health Trainers?

Health Trainers are people from the community who are trained to help you achieve your health goals.

Health Trainers come from different backgrounds and some of them speak other languages as well as English.

Health Trainers are friendly and good at listening.



## Why might I need a Health Trainer?

You might want to:

- lose some weight
- get fitter
- eat healthier
- feel happier and more relaxed
- meet more people
- attend new activities

## How can my local Health Trainer help?

Sometimes it is hard to make changes without help and encouragement. Health Trainers can help in lots of different ways. They can:

- meet with you one-to-one
- help you to find out ways to be more healthy
- support you to make a plan that you are happy with
- go with you to new places like gyms or walking groups
- suggest other places where you can get extra help

## Some questions that people ask

**Q.** Do I need to book an appointment and how long will each appointment last?

**A.** You will have to book an appointment and each appointment can last up to an hour.

**Q.** How many appointments can I have?

**A.** You can have up to six appointments and see your Health Trainer every week or every 2 weeks.

**Q.** How much does it cost to see a Health Trainer?

**A.** The Health Trainer Service is free.

**Q.** Is the service confidential?

**A.** Health Trainers will not tell anyone else what you say unless there is a risk of harm to yourself or others.