

Where We Work and How To Contact Us:

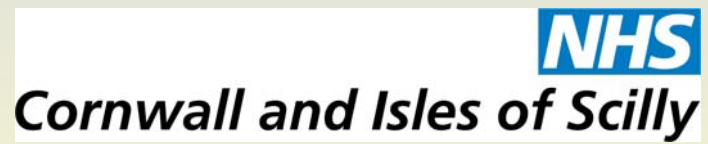
- Bude
- Bodmin
- Camborne
- The Clays
- Helston
- Liskeard
- Newquay
- Penzance
- Truro
- Redruth North

For more information about the Health Trainer Service and Group Activities in your area call:

Health Trainer Service:
01209 310066

Or

E-Mail:
healthtrainers@ciospct.cornwall.nhs.uk



The Health Trainer Service is a national programme that employs local people to promote better health in their communities. In Cornwall and the Isles of Scilly the Service is supported by the Healthy Neighbourhood Partnership.

Health Trainer Service



Local Services, Local People.
Your local Health Trainers working with you in your community supporting you to improve your health and well being

How Your Local Health Trainer Works :

- Supporting you to take control of your own life by helping you to make your choices happen.
- Put you in touch with like minded people
- Really listen to what you are saying and helping other people to listen to you too.
- Working with you on a one to one basis allowing you to take things one step at a time
- Finding you the right support from other services.
- Working with a range of groups including Walking, Swimming, Healthy Cooking and Weight Matters Healthy Lifestyle.

People that we have worked with say:

"I have my life back, I am in control, life is good. I have a long way to go but I am now well into my journey, thank you."

"Hand on my heart the service saved my life. She listened, understood... She doesn't rush me. She reassured me all the way and kept me focussed."

"I have now lost one and a half stone and am still losing weight."

"Not only has she helped me to increase my exercise. She has introduced me to other people who have become my friends."

Health Trainers are here to help you with issues that you want help with:

Healthy Eating
Increasing Activity
Self Confidence
Smoking Cessation
Volunteering
Work
Housing
Community