

What does the NHS Health Trainer Service offer?

- A one to one look at your health and lifestyle to see what areas you could improve.
- A tailor made health plan to help you achieve a realistic goal.
- An improvement in your wellbeing and ability to manage stress.
- Support, encouragement and motivation with up to seven follow up meetings.
- Information on local activities and groups to help you achieve your goal.
- Assistance with accessing other local services.

For further information please contact us:

Parkwood Healthcare Ltd
Health Trainer Service
Thames Valley Probation Service
Greyfriars House
30 Greyfriars Road
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RG1 1PE

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NHS

Berkshire West



NHS Berkshire West
Health Trainer Service

Free one to one support to help you improve your health and wellbeing

What can a Health Trainer help you with?

To eat more healthily - Be more active - Stop smoking - Lose weight - Drink sensibly - And more...

A Health Trainer is

- Someone recruited from your community.
- Trained to work one to one with you to help you improve your health.



A Health Trainer is

- Not a personal trainer or physical instructor and does not give medical advice.
- Not judgemental and will always encourage and support you.



Do you need to talk to a Health Trainer?

Are you over 16?
Are you ready to make a healthy lifestyle change?



Want to know more about the NHS Health Trainer Service?

Contact us using the details on the back page or speak to the person who gave you this leaflet.

The service is currently prioritising individuals who live in the Abbey, Battle, Caversham, Southcote, Minster, Norcot, Kentwood, Whitley, Church, Redlands and Katesgrove wards in Reading and Greenham and Thatcham wards in West Berkshire and Norreys and Winnersh wards in Wokingham.

Not sure which ward you live in? Give us a call.