

HEALTH TRACKS

April 2010

A monthly publication of the NHS Berkshire West Health Trainer Service

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Health Trainer Service launched in Berkshire West

A new Health Trainer service has been launched in Berkshire West to provide support for people living in Reading, Wokingham and West Berkshire who want to make healthy life style changes. Speaking at the launch event of the service at Greyfriars Church in Reading on 9th March, Senior Health Trainer Ukonu Obasi said the Service is here to help people who want to stop smoking, reduce alcohol, manage their weight, eat healthily and engage in more physical activity. The highlight of the Launch event was the presentation to the Health Trainers by Sallie Bacon, NHS of their Royal Society of Public Health Level 2 Certificates. Parkwood Healthcare has been commissioned by the NHS Berkshire West to deliver this Service until August 2011. The Health Trainers are local people who have a background in health and well-being and are trained to provide one to one support as well as signpost people to other services that are available locally.

For all enquiries and if you would like to receive a hard copy of this bulletin, please contact

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Berkshire West Health Trainer Service Team, L-R Senior Health Trainer Ukonu Obasi, health trainers Reza Nejad, Camella Holdstock, Elaine Fraser, and Itumeleng Osupeng

Enjoy the Sunshine and get active Itumeleng Osupeng, Health Trainer

Spring is certainly upon us. It ushers with it brighter and warmer days. Yes, a breath of fresh air from the bitter cold winter just gone but most importantly the perfect time to be more active and do more physical activity. It has been revealed that physical activity will help an individual to lose weight, increase energy levels, improve mood and reduce stress. Physical activity is cost effective, as it does not need to cost anything.

Spending time in the park, by the river, in local shops, round the neighbourhood, getting off the bus one stop earlier may prove beneficial for your health and wellbeing. The green park landscapes, budding flowers and birds singing their music in the trees offer nature's refreshing moments.

It's always a good idea to involve friends or family members to keep the habit going. If you need motivation and boost to get started the NHS Berkshire West Health Trainer Service is available, do get in touch.

Just call **01189551214** or email berkshirwesthealthtrainer@parkwoodhealthcare.co.uk

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Health Trainers Reza and Elaine distributing leaflets at the Reading Train station on No Smoking day.

Look out- A Health Trainer is coming!

With the launch of the Health Trainer Service, the Health Trainer team has been getting around attending different community events and activities to promote the service. From participating in the *No Smoking Day* campaign, distributing leaflets at Reading Train Station (pictured) to attending community conferences in Wokingham and other meetings in Reading, Wokingham and West Berkshire.

The service had a stand at the University of Reading, Health and Well-being event and attended the Voluntary Action Wokingham Conference. The service also organized a World Health Day event at the Crescent Resource Centre.

The Health Trainers are also local residents and are ever improving their network to help local people improve their health. The Health Trainers have also organized the *Treadmill Walk Challenge* at the Kennet Leisure Centre, Thatcham on 27th April as part of the Feel Good Fortnight of West Berkshire.

Look Out - A Health Trainer is coming to your neighbourhood! If you have an event you would like a Health Trainer to attend, contact the Service on 01189551214 or berkshirwesthealthtrainer@parkwoodhealthcare.co.uk

Health Trainers take New Directions

From 19th April until 26th May 2010, a Health Trainer will be based at three New Directions centres across Reading. The centres include New Directions, Caversham RG4 8HX every Monday, New Directions, Whitley RG2 8DH every Tuesday and New Directions, Wilson Road RG30 2RW, every Wednesday.

The Health Trainers will be there from 11am to 1pm and will be available to answer any enquiry about the Service and to sign up new clients. This is a good opportunity for local people to meet with a Health Trainer and have access to the Service to make a healthy life style change.

Our special appreciation to New Directions, Reading Borough Council for providing this opportunity.

Other community centres where a Health Trainer can be seen on appointment only include Baker Street Clinic, Reading International Solidarity Centre (RISC), and Greyfriars Church (Central Reading), Indian Community Centre (East Reading), Southcote Advisory Centre, South Reading Youth and Community Centre and many more.

Buddy-up with your Health Trainer

The one to one service provided by the Health Trainer goes beyond just the sessions. The Health Trainer provides practical help to help you get over the first challenge of making those changes you need to make, by shopping with you, going with you to the first exercise sessions or meetings. It has been identified that some people are more motivated if they have a companion in the early stages of making their changes. If you are therefore having trouble making a change and need a companion to support you, then Buddy-up with your local Health Trainer and make that healthy change today.

Up coming events in Berkshire West

Healthy Eating Workshop for men aged 50+. FREE 8-week course Earley Crescent Resource Centre, Warbler Drive, Lower Earley RG6 4HB Fri 23rd Apr – 11th June 10:00 AM – 11:30 AM
For details call: 0118 921 0555

Some Health Improvements Need Exercise (S.H.I.N.E.)

Over 60s physical activity programme eg Tai Chi, Line Dancing, Salsa dancing, exercise to music, Nordic walking and more.
For details call 0118 974 6000

Wokingham Green Care Farm

If you enjoy gardening and would be interested in volunteering as a mentor, contact the Scheme Administrator. Tel: 0774 251 9715 or Email: greencarefarm@aol.com