



HEALTH TRAINER NOW IN BINGLEY

Do you want to improve your health? Have you heard about your local health trainer? How can your local health trainer help?

Whatever health changes you are ready to make, contact with a health trainer may be just the thing to get you started. You may have decided you would like to improve your health, but are not sure how to go about it. Your local health trainer will help you to set your goals, and then support you to achieve them. The service is completely free and confidential.

Health trainers can : give one to one support; encourage and motivate you to make changes; help you to find out more about health issues; accompany you to new places and groups and signpost you to other organisations that may be able to help you.

Health trainers come from a variety of backgrounds and many of them speak one or more of the community languages such as Urdu and Punjabi. They work in a variety of accessible settings throughout Bradford and Airedale such as community and health centres, education and leisure premises and in the workplace.

The programme is free and confidential. For more information or to make an appointment contact the health trainer helpline on 01274 777527 or e-mail: healthtrainers@bradford.nhs.uk.

Locally we have a health trainer, Diane Boote based at Shipley & Bingley Voluntary Services at Cardigan House on Wednesday mornings, and she can be contacted on 07957 160761.