

PROGRAMME NEWSLETTER Autumn 2007

How Can a Health Trainer Help.....?

I am here to listen
Not to work miracles

I am here to help you discover what you are feeling
Not to make feelings go away

I am here to help you identify your options
Not to decide for you what you should do

I am here to discuss steps with you
Not to take the steps for you

I am here to help you discover your own strength
Not to rescue you and leave you still vulnerable

I am here to help you discover you can help yourself
Not to take responsibility for you

I am here to help you learn to choose
Not to make it unnecessary for you to make a difficult choice

I am here to provide support for change
By Naz Jettoo



Health Trainer Awards

This new scheme to improve public health was celebrated at an awards ceremony in August.

Dr Tony Hill, Director of Public Health and Ellen Thinnesen Director for Higher Education and social care at the Grimsby Institute handed certificates to 10 new Health Trainers.

The ceremony which took place in the Hunter Room at St James Church, Grimsby heralded a new era of supporting healthy choices for the area.

The Health Trainers are part of an innovative project to help residents in deprived areas of North East Lincolnshire access facilities to improve their health and lifestyle. This includes issues such as physical activity, diet, quitting smoking and mental health.

Since they qualified in April, the Health Trainers have worked with over 181 clients on a one to one basis.

Dr Tony Hill said "The aim is for people to have a longer healthier life". Health Trainer Chris Pogson from Cleethorpes works in the West Marsh area of Grimsby said "I think it is a great way for the NHS to have a direct link



Community Drop In Sessions

Monday	9-11am—Welhome Infants School 9-11—DN34, Grange	1-4pm Carter & Carter (fortnightly)
Tuesday	10- 12pm- Reynolds Children Centre 9.30—12 DN34, Grange 10—12—Grant Thorald Library (fortnightly) 8.30—4pm Grimsby Hospital 9-5 Wingate Parade	12.15—1.15—Action for Employment 1-2pm— Kent Street Resource Centre 2-4 pm Welhome Junior School (fortnightly)
Thursday	9-10am—Cannon Peter Hall School 9-10.30—Nunsthorpe & Bradley Park Children Centre 11—1pm St James House	1.30—3 Women's group ST Hughes Church Hall 5—7pm—Grimsby Community Church
Friday	10-12pm—St Peters Church Hall 9—12 -Women's Centre, Brighowgate 10-12 West Marsh Community Centre 10-12.30—Yarborough Community Centre 9—12—Wingate Parade (fortnightly)	1—2.30pm South Parade Community Centre

Who is the Health Trainer in my Area??

Immingham

Jan Wilson—07768718828

Immingham and Hainton

Heneage & Park

Lisa Stafford—07769931536

West Marsh Macaulay & West Marsh

Chris Pogson—07768302168

Andrea Smith—07768820129

Willows

Deanne Platts—07768577904

Yarborough

Shirley Clarke -07795318467

Nunsthorpe, Bradley Park & Grange

Kevin Drury—07769878117

Jennifer Brown—07768542505

Northern Cleethorpes &

Cleethorpes Sea Front

Mandy Dawson—07769918213

East Marsh & Hainton Heneage and Park

Carin Pollexfen—07768930446

East Marsh Freeman Street

Zia Line - 07769671869

Spreading the Word!

All Health Trainers at the beginning (April 07) found the task of getting people to know about the service and engaging people quite a daunting prospect.

Not having any clients until a few months into the role felt quite disheartening, but as the months have gone by everything has been turned on its head and we are very busy.

Through the hard ground work and dedication from us all the “Gospel according to Health Trainer” has been spread.

All of us have a healthy client list and we are even getting referrals from GPs and practice staff.

“Saving my life”

After 6 months I am feeling a lot more positive about my role as a Health Trainer. More and more people are approaching me that already know about the service and are keen to improve their lifestyles.

At a drop in recently I came across a client who I referred into mental health services to enable them to get an emergency appointment. All I did was have a chat, pass on some phone numbers and they couldn't thank me enough. Their words were “thank you for saving his life”. Now they're getting the help that was needed.

Small things like this we do day to day when the client's life changes for the better and you will have helped them make that change, this makes it very rewarding.

Zia Line—East Marsh Freeman Street

Health Trainer at Grimsby Hospital

Since September I have been manning a stand weekly at the Diana Princess of Wales Hospital. I have found the public and staff have been very supportive and have shown great interest in the Health Trainer Programme. The service is getting well known now and many potential clients that I see are from many different areas of the town which has enabled me to refer to other Health Trainers, which are local to their homes.

Kevin Drury , Nunsthorpe & Bradley Park

**Poem Written to Thank a
Health Trainer
August 2007**



**Dear Janet, a more caring lady one just couldn't find!
She's helpful and listens, and is very kind**

**She advises and never moans or shouts
And explains all in detail what the programme is all
about!**

**You can see a clear picture of what you can do
And Jan, well, she leaves all up to you!**

**I would like to have been Star Pupil Number One
But at present, I just can't cope with all I should do
and all I should have done!**

**I realise time is ticking by and I must not give in
And throw all Jan's knowledge and my good days
away in the bin**

**It's down to me to build willpower and confidence
As good healthy eating and exercise is only common
sense**

**I do need to change things and I do know what road
I must take!**

**And it certainly does not include biscuits or cream
cakes!**

**I have your number and you have mine
So we will ring each other from time to time**

**Keep up the good work, look after yourself and take
care,
you're doing a great job, of this I'm sure you
see!**

**So I hope for the Queen to reward
you with an OBE!**

**Welcome to Shirley
Clarke
New Health Trainer
covering
The Yarborough area**

My experience so far within my new role as a Health Trainer began on Monday 3rd September with an induction with Kelly Moore at Olympia House. My feelings on this morning were mixed with apprehension and excitement as this was a lifestyle change for me. This was because I had been office based for 16 years within the power industry and it was my first day in a totally new direction. This is something I had always wanted to do; go out and work within the community to support people within my local area.

Since my first day the other Health Trainers have accepted me and shared their wealth of expertise that they have gained whilst in their roles over the past few months. They have introduced me to a list of their community based network and other health services they have linked with—for this I am extremely grateful and I am looking forward to the time when I have completed my training and begin to take on clients of my own. I'm also looking forward to the challenge of building up their trust and supporting them with their challenge of working towards a healthier lifestyle and supporting their behavioural change.

Thank you to the team

Shirley, Yarborough Health Trainer



North East Lincolnshire Care Trust Plus is part of the NHS Choices Humber Learning Network which was selected



to pilot some innovative work programmes in support of the NHS Choices national website. The Humber Learning Network consists of four local organisations, ourselves, Hull, East Riding and North Lincolnshire PCTs. The Humber area is the pioneering Learning Network site with 2 of the 4 pilot projects approved and now in the detailed planning phase.

As part of the Learning Network, Humber will be the first area nationally, and possibly the only area, to have a tailored home page – this will be a local landing page with links to the national site and also the PCT/ CTP websites. This mirrors the approach the BBC has adopted with their website – a localised landing page which still offers the full range of information from the national site.

Humber area identified 4 work programmes which include, a young people's programme which will use mobile phone technology, a training programme providing a thorough knowledge of the NHS Choices website, a paper based life check tool aimed at males in their middle years and a digital TV pilot targeting older people.

The Young People's Pilot consists of 3 main elements:

- Health messages pushed out to mobile phones via Bluetooth – these will take place across the Humber areas and target young people in a range of high footfall areas – nightclubs, colleges etc
- An SMS / WAP service (eg Text CHOICES to 88888) providing a range of information on key health topics and services etc

Syndication of NHS Choices material onto the websites of key agencies – Colleges, Clubs, Support Services etc

The creative brief is currently being compiled and stakeholders across the patch will be offered the opportunity to comment via NHS Choices Insight team. Activities are on track to 'go live' from end October and a full evaluation covering both quantitative and qualitative data will be carried out by external providers.

The Train the Trainer programme will see Health Trainers and staff from partner agencies – Libraries, Customer Service Staff, Children's Centres etc trained up with a thorough knowledge of the Choices website. The training will be delivered by a dedicated trainer and a support package will be provided which will include a message board facility, update emails on new materials added to the site etc. This training will commence in January 2008.

If you'd like to know more about Humber's NHS Choices Learning Network activities, please contact me directly.

Michela Littlewood, Health Trainer Programme Manager/
South Humber NHS Choices Lead

Michela.Littlewood@nectp.nhs.uk

Health Trainer Meets Keith Chegwin!

I was sat watching GMTV on 9th August and Cheggars Campsite Capers was on. He was live in Cleethorpes at Thorpe Park. I leapt out of the chair got into my car and drove to Cleethorpes, as fast as I could!

I walked around for an hour trying to find where he was. Eventually after nearly an hour and almost giving up I found him!

I then managed to promote the Health Trainer Service through distribution of the leaflets to the waiting public.

Also I had the opportunity to speak to Keith. He signed one of our leaflets for the team which is framed above our administrators desk....I also got a big kiss!

What a great morning

Lisa Stafford

Health Trainer

for Immingham and Hainton Heneage and Park



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