

Mytime Active Health Trainers

Area covered: Havant Borough Council area

Health Trainers are local people who have been trained to support you in behaviour change and understand the challenges you may be facing with changing your lifestyle. They can support you with the following: ·Eating more healthily ·Managing your weight ·Become more physically active ·Improve mental wellbeing ·Stop smoking ·Reduce alcohol consumption. Health Trainers are based in communities across Portsmouth, Gosport, Havant, and Rushmoor; in addition we have a Nepalese Community Health Trainer Champion working in Aldershot and Farnborough, signposting individuals to relevant health and well being services. This service is free to all residents in these areas for up to eight sessions.

WHO ARE OUR SERVICES FOR

All those residents within the boroughs of Havant, Gosport, Rushmoor and the city of Portsmouth who are over the age of 18.

EXCLUSIONS TO OUR SERVICE

Those under 18.

WHO CAN REFER TO OUR SERVICE

Self referral; GPs and Health Care Providers; Adult Services; Community Provider

WE ARE OPEN

Monday to Friday	Working hours Monday to Friday with some flexibility of a couple of hours either side of those core hours depending upon clients.
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	OUR CONTACT DETAILS:	THE BEST WAY TO CONTACT US IS BY:
Phone	02392 294001	Phone
Email	george.podd@mytimeactive.co.uk	Email
Website	http://www.mytimeactive.co.uk/health/localised-health-services/hampshire-health-trainers/	Website
Address	Health Trainers, John Pounds Centre, 23 Queens Street, Portsea, PO1 3HN	Post

OTHER USEFUL INFORMATION

The Health Trainer service is commissioned by Hampshire County Council and Portsmouth City Council until the 30th of September 2015.

December 2014