

Useful local contacts

Age Concern Torbay 01803 555181
Checkpoint Advice and Information
for young people 01803 200100
Citizens Advice Bureau 01803 521726
Community Fitness
Co-ordinators 01803 321867
Drinkline (national helpline) 0800 917 8282
Eddystone Trust 01803 380692
(free confidential information HIV,
safer sex, Hep.C)
Homelessness Torbay Project 01803 212234
Mental Health
Information Officer 01803 552175
Neighbourhood Police 08452 777444
PALS (Patients Advice & Liaison Service)
Freephone 0800 032 7657
Stop Smoking Service 01803 299160
Samaritans 01803 299999
Saneline 0845 767 80 00
(emotional support, crisis care
and practical mental health advice)
Shekinah Mission 01803 214988
Signposts for Carers 01803 666620
(Carers information and advice)
South Devon Women's
Aid Helpline 01364 644088
Torbay Care Trust 01803 210500
Torbay Council 01803 201201
Torbay Domestic Violence Unit 01803 841469
Torbay Street Wardens 01803 208091
Working Links 01803 209129
Young Carers 01803 208365

Contact us

tel: 01803 208840

email: torbaylifestyles@nhs.net

www.torbaycaretrust.nhs.uk

This leaflet can be made available in other languages and formats. For more information please telephone 01803 208840



Torbay Health Trainers



supporting
you to improve
your health
and wellbeing



Partners in Care

Torbay Health Trainers have the skills and knowledge to help people make a real difference to their health.

The role of the health trainer is to provide personalised one to one support, encouragement and motivate individuals to make and sustain lifestyle changes.

Health Trainers have a very good knowledge and understanding of what services, activities and events are available in their communities. All of the Health Trainers will be working within the communities in which they live, so will have an understanding of the issues faced by those who live there.



positive emotional health



being more active

Health Trainers provide one to one advice and support on

- coping with stress and promoting positive emotional health and wellbeing
- healthy eating and weight management
- becoming more physically active
- stopping smoking
- reducing alcohol intake/ sensible drinking



healthy eating



giving up smoking

This is a completely confidential service and provides FREE support to adults of all ages. We support the following client groups:

- People with long term health conditions, for example depression, diabetes or high blood pressure
- Carers (two of our health trainers have been carers)
- Unemployed (two of our health trainers are employed at Working Links)
- Single parents
- Black and minority ethnic communities
- Residents of disadvantaged communities (one health trainer is employed as a Street Warden)

Do you need a Health Trainer?

