Useful local contacts

Joeran rotal Contacts
Age Concern Torbay 01803 555181
Checkpoint Advice and Information
for young people 01803 200100
Citizens Advice Bureau 01803 521726
Community Fitness Co-ordinators
Drinkline (national helpline)
Eddystone Trust
Homelessness Torbay Project 01803 212234
Mental Health
Information Officer 01803 552175
Neighbourhood Police 08452 777444
PALS (Patients Advice & Liaison Service) Freephone
Stop Smoking Service 01803 299160
Samaritans 01803 299999
Saneline
(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
Torbay Council 01803 201201
Torbay Domestic Violence Unit 01803 841469
Torbay Street Wardens 01803 208091
Working Links 01803 209129
Young Carers
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Contact us

tel: 01803 208840

email: torbaylifestyles@nhs.net

www.torbay care trust.nhs.uk

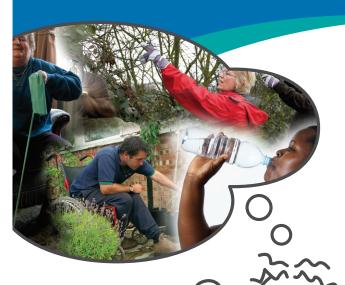
This leaflet can be made available in other languages and formats. For more information please telephone 01803 208840







Torbay Health Trainers



supporting you to improve your health and wellbeing





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 personalisaed 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

positive emotional health

who live there.



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



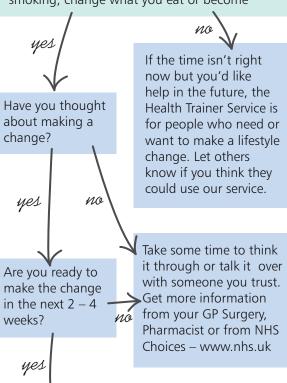
This is a completely confidential service and provides FREE support to adults of all ages. We support the following client groups:

- 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?

Have you been advised or do you feel you need to change your lifestyle behaviour because of health concerns? This could be to stop smoking, change what you eat or become



Make an appointment to see a Health Trainer on 01803 208840. The Health Trainer Service provides free, confidential, practical advice and support on making changes to improve your health. Call us today.