



All your health,  
wellbeing and lifestyle  
needs in one service

Prevention, Recovery  
and Wellbeing

Service provided by Humber Teaching  
NHS Foundation Trust

To refer and get support, contact us on:

0800 9177752

HNF-TR.healthtrainers@nhs.net

tinyurl.com/humbervolunteering

text Healthy to 60163

www.nhs.-health-trainers.co.uk

recovery college

healthtrainers

Referral Criteria – East Riding resident aged 12 and above.

How we can help:

- Alcohol misuse
- Sexual health
- Healthy eating
- Emotional wellbeing
- Physical activity
- Isolation and loneliness
- Weight management
- Supporting Children and Families

CommunityLINKS  
SOCIAL PRESCRIBING

Referral Criteria – East Riding resident / East Riding GP registered adult.

How we can help:

- Finances
- Welfare
- Housing
- Social health
- Volunteering
- Education
- Relationships and bereavement
- Physical health, addictions, and more

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STOP  
SMOKING SERVICE

Referral Criteria – East Riding resident aged 12 and above.

How we can help:

- Free Nicotine Replacement Therapy for 7 weeks
- Varenicline prescription for 12 weeks Only accessible via the service
- Weekly Carbon Monoxide recording

Scarborough & Ryedale  
NHS Weight Management Service

Referral Criteria – Aged 18 plus. Scarborough or Ryedale resident/ Gp registered or employed and working in the districts.

How we can help:

- Personalised 1-1 assessment, goal setting and coaching
- Introduce you to the 24 week groups weight loss programme
- Deliver weekly 30 minute physical activity sessions

NHS  
Humber Recovery  
& Wellbeing College

Anyone aged 16+ can self-enrol as a student.

What we offer:

- Education as a route to mental health recovery
- FREE group online / community-based courses, workshops and other learning opportunities
- Learn about mental health topics and join in with arts, fitness and health classes

www.humberrecoverycollege.nhs.uk

Hull & East Riding Mental  
Health Wellbeing Coaches

Referral Criteria – Aged 18 plus. Hull or East Riding Resident.

Delivered as part of the Primary Care Mental Health Network Team

How we can help:

- Low mood
- Chronic Pain
- Sleep Hygiene
- Loss/Grief
- Panic
- Sadness
- Depression
- Covid 19 Recovery

NHS  
HEALTH CHECK  
Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia

Referral Criteria – East Riding resident and Registered to East Riding GP. - Aged 30 - 74 yrs olds - Not had Health check in past 5 years.

How we can help:

- Conduct Cholesterol, blood pressure checks and lifestyle questions
- Create bespoke lifestyle improvement plan
- Signpost and refer onwards to relevant service where required
- FREE service and provision

Pharmacy  
Wellbeing  
Service

Referral Criteria – Work in pharmacy or have a family member who does, based in East Riding, North Yorkshire, North East Lincolnshire, North Lincolnshire or Hull. Aged 18 or above.

How we can help:

- Emotional wellbeing
- Physical wellbeing
- Signposting to community support services
- Free personal and professional development webinars
- Healthy Living Promotional events in-house

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SUPPORTING CHILDREN AND FAMILIES

Referral Criteria – East Riding resident aged 8+ and families.

How we can help:

- Healthy Eating
- Healthy Lifestyle
- Physical Activity
- Oral Health
- Wellbeing
- Addictions - Alcohol and Smoking

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for staff and volunteers

Referral Criteria – Staff and Volunteers of Humber Teaching NHS Foundation Trust

How we can help:

- Weight management
- Emotional wellbeing inc. stress and anxiety
- Physical activity
- Alcohol and addiction
- Healthy eating
- Sexual health
- Loneliness and isolation

NHS  
Humber  
Voluntary Services

Our team recruit, train and manage our volunteer help force that enhance and support and Trust services.

We can help you with:

- Information about hosting a volunteer in your service
- Offering a volunteer placement
- Requests for volunteers
- Volunteer applications and expressions of Interest
- Volunteer recruitment process (including DBS checks and training)
- Work Experience

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Stop Smoking  
in pregnancy and beyond

Referral Criteria – East Riding resident / East Riding GP registered 12+ and Pregnant or supporting Pregnant Women.

How we can help:

- Free Nicotine Replacement Therapy for 7 weeks
- Weekly Carbon Monoxide recording
- Specialist trained staff in Smoking during pregnancy care and aftercare.