



# YOURhealth

Prevention and Lifestyle Services

Service provided by Humber Teaching NHS Foundation Trust

All your health, wellbeing and lifestyle needs in one service

To refer and get support, contact us on:

0800 9177752

HNF-TR.healthtrainers@nhs.net

text Healthy to 60163

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

## 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

## healthtrainers

# 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



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



## 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



## 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



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

## healthtrainers

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



## healthtrainers

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

## healthtrainers

working with fishermen

Referral Criteria – Fisherman their families and retired Fisherman living in East Riding or North Yorkshire.

### How we can help:

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

## healthtrainers

working with carers

Referral Criteria – East Riding Resident registered or unregistered carer 16+

### How we can help:

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

## healthtrainers

### 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