

## **Free NHS Fresh Steps Health Trainer Service**

**Available in The Guildhall Every Tuesday morning  
from 9.30am**



What is a Health Trainer? Our main role is to help adults to lose weight, get fitter, eat more healthily, and achieve a better lifestyle. We don't tell people what to do, or try to fix things for them – the motivation to change comes from the client. We can accompany people to a group or event, signpost them to other services such as smoking cessation, but most of all we encourage, support, and offer a friendly and non-judgmental service to help people change their lives for the better. What we do:

- Listen!
- Support people to achieve behaviour change
- Provide information to help this process
- Encourage, motivate and inspire
- Help people set goals and make action plans
- Offer ways of overcoming obstacles
- Signpost people to other useful services
- Accompany people on their path to better health

NHS Health Trainers are trained to help address health inequality in areas of deprivation. We are based in such areas and do a lot of networking to contact community groups, local organisations, support groups, and NHS services such as Health Visitors & Community Nurses. Clients can be referred from any of these, or can contact us directly.

Your local Health Trainer is Kate Rew on 07826 903948 or email [kate.rew@somerset.nhs.uk](mailto:kate.rew@somerset.nhs.uk)