



EAST RIDING
OF YORKSHIRE COUNCIL



Humber Teaching
NHS Foundation Trust



healthtrainers
SUPPORTING CHILDREN AND FAMILIES



YOURhealth
Prevention and Lifestyle Services

Are you ready to change?

YOURhealth's healthtrainer for families and children service is on hand to support you and your family to become healthier and happier, ensuring sustainable **FREE lifestyle change for everyone.**



Wanting support for your family?

The YOURhealth service now free support to anyone from the ages of 8 and up

How we can help:

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



0800 917 7752
HealthTrainers1

text Healthy to 60163
www.nhs-health-trainers.co.uk



EAST RIDING SMOKEFREE GENERATION

**BE PART OF THE SMOKEFREE GENERATION
TO HELP YOUR CHILDRENS FUTURE**



Nearly 11,000 deaths a year are caused by passive smoking, all of which could have been prevented



Smoking in the home can have a serious impact on your families' health, especially your children's health



Reduced exposure to children decreases the likelihood of them smoking when they are older



Children will no longer see smoking as a normal behaviour if they are not exposed to it regularly



In the UK, someone dies from a fire caused by a cigarette every 3 days. By smoking outside you are eradicating this risk



People who smoke outside often smoke less as a result and save money but research also shows it increases your chances of successfully quitting in the future!



Eye and nose irritation will reduce for everyone in the house



There will be no smoke in the house meaning your home will be cleaner, fresher, and brighter!

SIGN THE SMOKEFREE PLEDGE HERE
www.nhs-health-trainers.co.uk/smokefree

TEXT QUIT TO 60163

CALL US 0800 9177752



Book your free NHS Health Check with the YOURhealth team.

Available across many sites across the East Riding including evening and weekend appointment



Aged 40-74? Find out about our **FREE** NHS Health Check

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A **FREE** NHS Health Check can help you reduce these risks and make sure that you stay healthy.



Health and Wellbeing Advisor and Connector Service



Supporting Adults aged 18+ across East Riding to access support that aims to improve overall health and wellbeing and self care.

The Health and Wellbeing Advisor and Connector service will motivate and empower you to make positive changes in the following areas:

- Long term health conditions
- Dementia
- Carers
- Food poverty
- Fuel poverty
- Social isolation
- Loneliness
- Relationships
- Employment
- Access to support groups
- Volunteering opportunities
- Accessing befriending services
- Debt
- Housing
- Social care
- Health and wellbeing
- Digital technology



Contact the Health and Wellbeing Advisor and Connector Service on:

☎ 0800 9177752

✉ hnf-tr.socialprescribing@nhs.net @SPrescribingER

For more information visit: www.nhs-health-trainers.co.uk



6 ways to wellbeing

A dedicated team of health trainers work across the East Riding to personally support you as an individual to make lifestyle changes easier and more sustainable. The service is free and available across over 30 Sites (East Riding Wide) with two dedicated shop premises in Bridlington and Goole.



Keep moving!! Finding yourself sat down a lot in the day? Set a reminder to ensure every 30 minutes you get up and walk around, climb the stairs or get the Hoover out and have a good clean, it all counts towards burning those calories!



Start off with a good breakfast to set you up for the day – start as you mean to go on! Avoid high sugar breakfasts to ensure your blood sugars don't yoyo throughout the day – Porridge is a great choice



Why not get creative and try experimenting with some mocktails as a weekend treat? They're cheaper to make, contain fewer calories and everyone in the family can enjoy them!



Talk it through. Sitting down and talking about how you feel with a loved one can make a huge difference to your mood. If you need more support utilise local free services for that extra support



Pick a date, put it in your diary and book in with your local stop smoking service. If you plan ahead of when you will stop smoking you have time to prepare yourself, your home and inform friends and family



Be active with your kids! We all know children are a never ending source of energy so why not get involved with their playtime, have a kick about in the garden, go for a walk to the park or go online for clips of children's yoga and exercise together!

About the Recovery College

About us

We are a community-based college within Hull and East Yorkshire. We run like any other college; except we provide peer-led education as a route to meaningful mental health recovery.

We work alongside and support students, volunteers, community organisations and healthcare professionals to co-produce an educational programme that responds to the needs of its students.

We wholeheartedly believe in the recovery approach and believe in education as a route to recovery.

What we do

We facilitate and deliver a range of free, co-produced courses, workshops, and other opportunities for learning. Our students are supported to draw upon their own strengths in a safe, non-judgmental learning environment, and encouraged to learn the tools they need to step towards a better, self-defined quality of life.

We deliver a range of timetabled, face-to-face and online group courses each academic term. Our e-learning platform is available to access 24/7 and offers a range of self-paced e-courses and live video call sessions.

We also work towards challenging patronising, outdated and discriminatory medical perspective on mental health recovery, spearheading the campaign for progressive, meaningful.

Students

Anyone can access our courses and workshops. This includes current and former mental health service users, their careers, families and friends, health and social care staff, community organisations, the general public... and everyone else in between!

Although our courses are designed for people experiencing mental health difficulties, our offer is open to everyone, whether they identify as having mental health challenges or not.

Our physical footprint spans Hull, East Riding, and parts of North Yorkshire. Everyone who participates in our courses are treated as an equal participant, no matter their background.

Venues

We aim to provide venues that are accessible by public transport and (where possible) ensure there are free or paid parking facilities onsite or nearby. Refreshments are not available at any of our venues so please take personal responsibility and bring any required drinks and snacks you require for the duration of the session.

Gipsyville Library and Multi Purpose Centre, 728-730 Hessle Road, Hull, HU4 6JA
Spring Bank Central, 91 Spring Bank, Hull, HU31BH
Vulcan Learning Centre, 42 Heron Street, Hull, HU3 3PF

How to Enrol

We don't 'do' referrals; instead, we invite people to self-enrol at a pace and in a way that they feel best supports them.

To enrol, It's simple! Head on over to www.humberrecoverycollege.nhs.uk and get yourself signed up. From there, you can access any of the e-courses, book onto any live sessions and keep track of your learning progress. Remember to make a note of your login details!

Your profile is private and cannot be accessed without your login details.

If you wish to book onto face-to-face courses, but have difficulty in using the internet/our platform, email us at HNF-TR.RecoveryCollege@nhs.net or giving us a ring on **0800 9177752** and we'll sort something out.

Get Involved!

We welcome experts by lived and professional experience to share their knowledge through new courses, workshops or other learning opportunities

Do you have helpful insight that might support someone's mental health recovery journey? Do you have a skill you'd like to share with others? Do you have a story to tell?

Get in touch by emailing HNF-TR.RecoveryCollege@nhs.net or give us a ring on **0800 9177752**

Twitter: [@HFTRRecoveryCol](https://twitter.com/HFTRRecoveryCol)

Facebook: [Humber Recovery College](https://www.facebook.com/HumberRecoveryCollege)

The Emotional Wellbeing Service offers therapy for people aged 16 and over that are experiencing common mental health problems

Some examples of common mental health problems that our service can help with are listed below. Please click on the links to find out more from the NHS website.

The treatment you receive and how this will be delivered will be decided in your assessment with us and will be with a trained therapist. There may be therapy tasks to do at home prior to your next session which will be agreed between you and your therapist.

Treatment is delivered in a variety of ways, offering a range of remote treatment delivery methods which are evidenced to produce positive results;

Can you relate to any of the following?

Stress – You don't feel right in yourself, feel pressured, overwhelmed, not sleeping well and don't feel in control?

Anxiety – Experiencing physical symptoms such as heart palpitations, hot, sweaty? Feeling uneasy? Afraid of what is going to happen?

Worry – Experiencing a lot of what if thoughts about the future? OCD – Having unwelcomed thoughts, images and urges that make you feel anxious which leads you to repeat activities to reduce the anxious feeling you are having?

Health anxiety – Worrying a lot about your health? Fear that something is seriously wrong with you that the GP has missed? Or are you too afraid to go to the GP?

Social anxiety – Do you avoid going into certain situations as you fear people will be judging you? Do you fear that you will embarrass yourself?

Depression/low mood – No motivation? No energy? Stopped doing the routine, pleasurable or necessary parts of your life? Not seeing friends or family and have "I can't be bothered" thoughts?

Fear of birth – Whilst it is normal for women to feel anxious about the impending birth, some women can develop a fear of child birth to the point where this impacts negatively on their everyday life, causing a significant increase in anxiety and low mood.

Pregnancy and post-birth low mood and anxiety – Many parents (men and women) can experience problems with anxiety and low mood, during pregnancy and 12 months post birth.

Post Traumatic Stress Disorder (PTSD) – The service offers treatment for PTSD depending on the severity.

Employment Support – It is known that employment difficulties are associated with mental health problems making it hard to stay in employment or find employment. Our service includes a dedicated employment service to help clients who are experiencing anxiety and or depression.

The Employment Service is free and available to anyone accessing treatment in our service. We offer support with finding work, returning to work or remaining in work. The Service focuses on individual employment needs and aspirations. We offer sessions with an Employment Advisor, appointments can be weekly or fortnightly.

Long Term Health Conditions – In addition to our Core Service the Emotional Wellbeing Service offers a Long Term Conditions (LTC) Service for patients aged 18+ who have a diagnosis of an LTC and are experiencing a related anxiety or depression.

You can refer into the service in many different ways:



Self-refer by calling: 01482 335451. We will take the necessary details, for example your address and date of birth and we will support you in making an appointment to speak to a member of the team.

Opening Times: Our team is available from 8am – 6pm, Monday to Friday.



Online: You can go online to find out more information and self refer **www.humberews.co.uk**

You will be asked to complete some questionnaires on how you are feeling and provide some brief details about your problems.



Text: Text talk to **60163**, this will send you a link to the website.

GP referral: You can speak to your GP who can make a referral into the service.



Email: You can also refer by emailing **HNF-TR.SelfReferral@nhs.net**



healthtrainers

Healthtrainers provide free 1:1 face to face, personal support and motivation to adults over the age of 18 across East Riding who wish to lead a healthier lifestyle

We can offer help and support with:



Weight Loss



Healthy Eating



Alcohol



Mental Wellbeing



Smoking



Physical Activity

healthtrainers **STOP** SMOKING SERVICE

FREE Support to Quit smoking whether you have attempted to quit previously or looking to stop for the first time the team of smoking practitioners will be able to guide you through a variety of options that meet your personal needs and expectations. We also offer FREE NRT (Nicotine Replacement Therapy) and other treatment options including Champix. Service only available for people aged 12+.



Free for anyone ages 40 - 74. We provide a free 30 minute consultation where we will check your blood pressure, height, weight and cholesterol followed by a discussion on lifestyle.

(subject to you having had a check in the last five years or currently being monitored for a long term condition)

Health and Wellbeing Advisor and Connector Service



Health and Wellbeing Advisor and Connector Service workers are there to offer individualised, personal support to adults who may require solutions to social, emotional or practical needs. They can support you in the follow areas:

- Social Isolation
- Relationships
- Emotional Wellbeing
- Loneliness and Isolation
- Carer Support
- Welfare Support

Tel: 0800 9177752

Email: HNf-TR.healthtrainers@nhs.net

www.nhs-health-trainers.co.uk