

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)

**CommunityLINKS**  
MAKING EVERY CONTACT COUNT

Community Link 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 following areas:

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



EAST RIDING  
OF YORKSHIRE COUNCIL



Humber Teaching  
NHS Foundation Trust



**YOURhealth**  
Prevention and Lifestyle Services



## Are you ready to change?

East Riding healthtrainer services are on hand to support you and your family to become Healthier and Happier, ensuring sustainable **FREE lifestyle change**

Tel: 0800 9177752  
Email: HNF-TR.healthtrainers@nhs.net

[www.nhs-health-trainers.co.uk](http://www.nhs-health-trainers.co.uk)

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## What is a smokefree home?

A smokefree home is when no one smokes in the home and this rule is never broken.

It's easy to believe that by designating one room in the house for smoking you are protecting your loved ones however cigarette smoke can remain for up to 5 hours after you have smoked and can therefore spread across the home.

80% of cigarette smoke is invisible and smaller than household dust making it impossible to detect where it has spread to in the house.

A smokefree home also means not standing at the back door (or just outside) and having a cigarette. The smoke can still blow into the house and therefore the door should be kept closed whilst you are outside.



health**trainers**  
**STOP**  
SMOKING SERVICE

The East Riding Stop Smoking service has been working extensively to ensure we can do everything we can to help eradicate smoking for good in the East Riding.

We aim to achieve our first smokefree generation by 2025 and in order to do this we need to ensure smoking is seen by children as little as often to reduce the likelihood of them starting smoking during their teenage years.

Part of our ambition involves making sure all homes in the East Riding become smoke free to improve outcomes for children living locally and improve the health of everyone living in the home.

Quitting smoking for your family is crucial to ensuring they are as healthy as they can be and this in-turn will have a positive effect on your personal health and wellbeing. It's never too late and it's never too hard, we can support you with personalised, face to face support for FREE. **Join us in making your Home SMOKEFREE**







## Why go smokefree? For your children!



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!

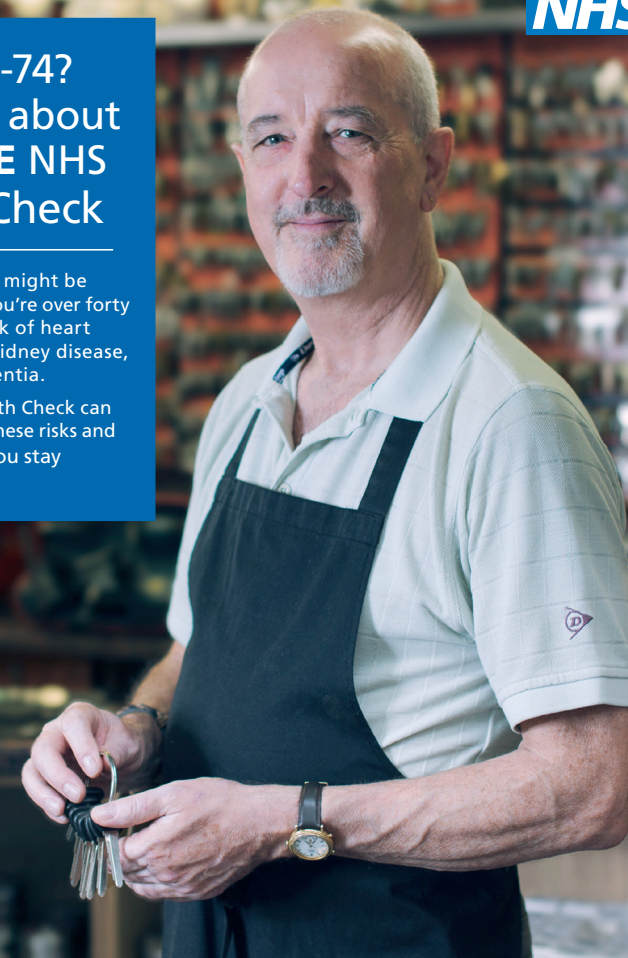
**Blood pressure** and **cholesterol** often have no warning signs and are silent killers. Don't put off getting yours checked, call us today for a free 30 minute consultation in a variety of locations across the East Riding

**NHS**

## 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.



**NHS  
HEALTH  
CHECK**

Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia



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# 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!