

‘Having someone’s help who was approachable and supportive gave me the confidence to get out more and do more’.



Manchester **Community Health Trainers**

Manchester Community Health Trainers Case Study 2014

Catherine 48 and from Crumpsall started accessing the Health Trainer Service in December 2013. She explains how she has maintained changes which were kick started by support from Health Trainer Stephen Hoy.

Catherine first saw Health Trainer Stephen Hoy back in December 2013. She found out about the Health Trainer Service via her GP surgery at Park View Medical Centre. At the time Catherine wanted some support as she was suffering from low mood and feeling down a lot of the time and was not going out much. She also wanted to lose some weight.

She met with Stephen at her house for the initial appointment. Catherine had stopped going out as much and had also stopped the volunteering work she used to do and really enjoy. By talking through how she felt and what she wanted to do with Stephen, Catherine feels like she built her confidence back up enough to set small goals. This then eventually led to her main goal of getting back to volunteering. This enabled her to get out more and to improve her mood.

Additionally Stephen gave her tips on healthy eating to address her goal of wanting to lose some weight. For example one of the goals was to start eating breakfast every day which she never used to do. This has given her more energy and also contributed along with other changes to her achieving a weight loss of over 2 stone since working with Stephen. This was one of the key goals she had in mind and is very happy she has lost some weight and has also managed to maintain this weight loss.

Following on from getting back to volunteering and building her confidence Catherine then joined a walking group and started attending Zumba. This has also led onto her learning to cycle via sessions run by Manchester Transport Group which she found out about from one of the walkers at the walking group.

Catherine feels that Stephen helped her to realise the things she wanted to do were achievable and gave her the confidence to do them. By having someone alongside her who was approachable and supportive made a big difference. She would recommend the service to someone wanting to make similar changes.

Health Trainers provide support for individuals to lead a healthy lifestyle. They provide practical support and guidance on health issues and lifestyle matters such as becoming smoke free, eating healthier, becoming more active and meeting others. It is a free service and there are health trainers based across Manchester.

To find out more or to make a referral please get in touch.

Contact us:

Call: 0161 882 2583

Email: healthtrainers@nhs.net

www.goodhealth-manchester.nhs.uk

Follow us on twitter @McRHlthtrainers