



To register for the service please complete the form below and send it to Neighbourhood Renewal Project Coordinator on the details overleaf:

Name:

Address:

Postcode:

Tel:

Email:

- Please call me
- I would like to meet a health trainer
- Please send me a self-referral form

You can stay up to date with the Verve health programme on facebook:


[facebook.com/vervecraigavon](https://www.facebook.com/vervecraigavon)

If you are interested in availing of the Health Trainer One to One Health Coaching to transform your health and well-being please contact the project co-ordinator:

Promoting Wellbeing Division,  
Craigavon & Banbridge Locality,  
Brownlow Health & Social Care Centre,  
Legahory, Craigavon  
BT65 5BE  
Tel: 028 3756 3946/3952  
E: [verve.network@southerntrust.hscni.net](mailto:verve.network@southerntrust.hscni.net)

*Verve in Craigavon - for family, for community, for you!*



 Southern Health and Social Care Trust  
Quality Care - for you, with you

 Department for Communities  
[www.communities-ni.gov.uk](http://www.communities-ni.gov.uk)

DESIGN [newcreation.com](http://newcreation.com)



# HEALTH TRAINERS

Do YOU want to...

- Lose WEIGHT?
- QUIT Smoking?
- Increase physical fitness?
- Eat HEALTHIER?



Verve Health Trainers help people to choose a healthy lifestyle through small but significant changes with **practical support and advice**, mainly focusing on **healthy eating**, **becoming physically active**, **improving mental and emotional wellbeing**, **quitting smoking and drinking less**.

The role of the health trainer is to provide personalised one to one support, encouragement and to motivate individuals to make lifestyle changes they can sustain.

The Health Trainers are experts in signposting and will assist individuals to engage in local opportunities that help them in achieving their goals.

- All Health Trainers are recruited from within the community to support people to improve their health.
- They have studied the City & Guilds Level 3 Health Trainer qualification
- The service is **FREE OF CHARGE**
- The service is private and confidential

## Healthy Diet and Weight Management

*Eating healthy will:*

- Reduce the risk of heart disease
- Reduce the risk of cancer
- Increase your energy
- Improve digestion
- Reduce the risk of type 2 diabetes

A qualified Health Trainer will help you to identify how you can eat a more balanced and healthy diet based on the Eatwell Guide.

If weight loss is a goal for you your Health Trainer can help you to identify small changes to your diet and physical activity levels that will help you achieve your target weight. This will form your Personal Health Plan and your Health Trainer will be there to motivate you and support you to put your plan into action.



## Physical Fitness

Increasing your levels of physical activity to 30 minutes every day will help prevent:

- cancer • heart disease • type 2 diabetes • Alzheimer's
  - arthritis • depression • osteoporosis
- and will...
- boost your immune system
  - help you enjoy a better night's sleep
  - trigger the release of endorphins ('feel-good' chemicals) which can combat stress
  - improve your confidence and self-esteem

A Health Trainer can give you practical tips on ways to incorporate more physical activity in your everyday life to make you feel fitter, healthier and enjoy an activity that can be great fun and something you can enjoy with other people.

## Community Gym

The community gym is available at The Fitzone Foundation and Clan Na Gael GFC. Health Trainers qualified to provide this service can provide you with a physical activity programme as part of your personal health plan.

## Take 5 Steps To Wellbeing

Good mental and emotional wellbeing helps us all to 'feel good and function well' (New Economics Foundation). The Take 5 Steps To Wellbeing include: Connect, Take Notice, Keep Learning, Be Active, and Give. Your Health Trainer will help you assess how you are using the Take 5 Steps to Wellbeing and will support you to develop a plan to use these in your daily life.

## Stop Smoking and Alcohol Awareness

As part of your health behaviour check you will have the opportunity to receive information and support about Stop Smoking Services available locally and if you drink alcohol your Health Trainer can provide you with an alcohol audit to ensure you are drink aware.

If you would like to chat to a Health Trainer about making positive changes in your lifestyle, big or small, then why not make an appointment with a Health Trainer?

*It may just be the thing you need to get started!*

## Verve Healthy Lifestyle Programmes

available at a range of different venues across Craigavon Neighbourhood Renewal Area

### ABC Community Network

Magharee House,  
Thomas Street,  
Portadown, BT62 3NU  
T: 028 3839 2777

### Chrysalis Women's Centre

520-523 Burnside,  
Brownlow, Legahory,  
Craigavon BT65 5DE  
T: 028 3834 1846

### Drumcree Community Trust

3 Ashgrove Road,  
Portadown, BT62 1PA  
T: 028 3833 4522

### Edgarstown Residents Association

18-19 Union street,  
Portadown  
BT62 4AD  
T: 028 3898 4971

### The Fitzone Foundation

St Anthony's Primary  
School, Legahory,  
BT65 5BE  
T: 0778 0812312 or  
07801 753567

### Drumellan Community Association

4 Drumellan Court,  
Moyraverty, BT65 5HT  
T: 028 3832 1415

### Lurgan Library

1 Carnegie St, Lurgan,  
BT66 6AS  
T: 028 3832 3912

### Clann Na Gael

Davitt Park,  
Francis St, Lurgan,  
BT66 6DN  
T: 028 3834 4233

### Clann Eireann

Lake Street, Lurgan,  
BT67 9DT  
T: 028 3832 3080

### Taghnevan Community Development Association

Glenholme Park, Lurgan,  
BT66 8SL  
T: 028 3832 4989

### Drumbeg North and South Residents Association

501 Drumbeg,  
Tullygally, Craigavon  
BT65 5AH  
T: 028 3831 7341

### Train To Be Smart

Pat McGibbon,  
Centrepont, Lurgan,  
BT66 8RE  
T: 07946 543748

### Health Trainer Base

Flat 10, Mount Zion  
House, Edward Street,  
Lurgan, BT66 6DB