

LiveWire Liverpool Health Trainers

Who We Are

LiveWire Liverpool Health Trainers provide support and motivation to adults across Liverpool. The Health Trainer programme offers both one to one and group support, guidance and motivation to individuals who wish to make positive changes to their lifestyle. By adopting behaviour change tools Health Trainers empower, encourage, motivate and support individuals on their journey to living a healthier life.

The team have undergone extensive training, keep up to date with all the latest health information and are pivotal to the prevention of a range of health issues such as cardiovascular disease.



Health Trainers provide guidance, support and motivation with:

- Healthy Eating
- Losing Weight
- Physical Activity
- Stopping Smoking
- Reducing Alcohol Consumption
- Reducing Stress and Anxiety

How We Work



1. INITIAL CONSULTATION

Health Trainers offer clients a 60 minute assessment session to discuss reasons for referral and explore any underlining contributory factors.

Assessments include:

- Who 5 Questionnaire
- Audit C Questionnaire
- Promotion of National Health Check Programme

2. CLIENT EMPOWERMENT

Health Trainers empower people to change their health-related behaviours; working with them to identify and overcome barriers and widening access to appropriate health information, local services and community and self-help groups.

By providing 'support from next door' rather than 'advice from on high' Health Trainers offer practical support and encourage clients to make positive lifestyle changes and embed healthy choices within communities.

3. GOAL SETTING

Working together, Health Trainers support clients to assess their lifestyle and wellbeing. This enables clients to consider and identify both short and long term SMART goals which form the basis to development of a personalised health plan.

- Health Trainers encourage **healthy eating** by using the 'eat well guide' to support weight management. This includes offering guidance and setting goals around reducing portion size and increasing fruit and vegetable intake.



- If a client **smokes or vapes**, Health Trainers provide support by setting goals around harm reduction or refer to the local smoking cessation services.
- Health Trainers encourage clients to embed **physical activity** into their daily lives, from simple tips how to increase levels of physical activity, offering free walks through our volunteer programme to referring to the local Exercise for Health programme.
- **Wellbeing** Volunteers are trained walk leaders, helping introduce clients to low level activity.

The service works with a range of partners across the city. Established referral pathways are in place to ensure expert advice and support is available for those clients requiring additional support.

Asset mapping across the city ensures a menu of activities is available for clients, from cross stitch to bee keeping there is always something interesting going on.

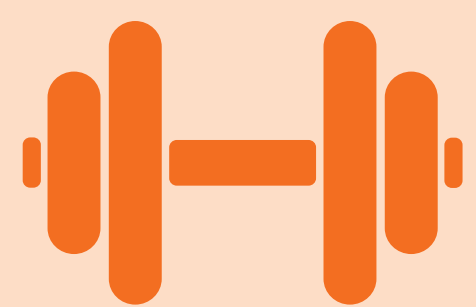
4. REVIEW AND SUPPORT

Health Trainers offer clients ongoing support, encouragement and guidance throughout the process to achieve their goals.

By mutual agreement they will meet with clients weekly or fortnightly for up to six sessions over a twelve-week period. Telephone and email support is also available for those clients who may find attendance at sessions not always feasible. Client follow ups are carried out at both 3 and 6 month intervals evidencing sustained behaviour change.



Our Results



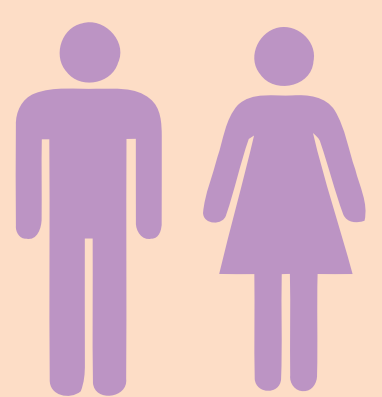
64%

Of clients increased physical activity over a 12 week period



519

Stone lost by clients during 2018



45%

Of clients reporting a positive increase in wellbeing



53%

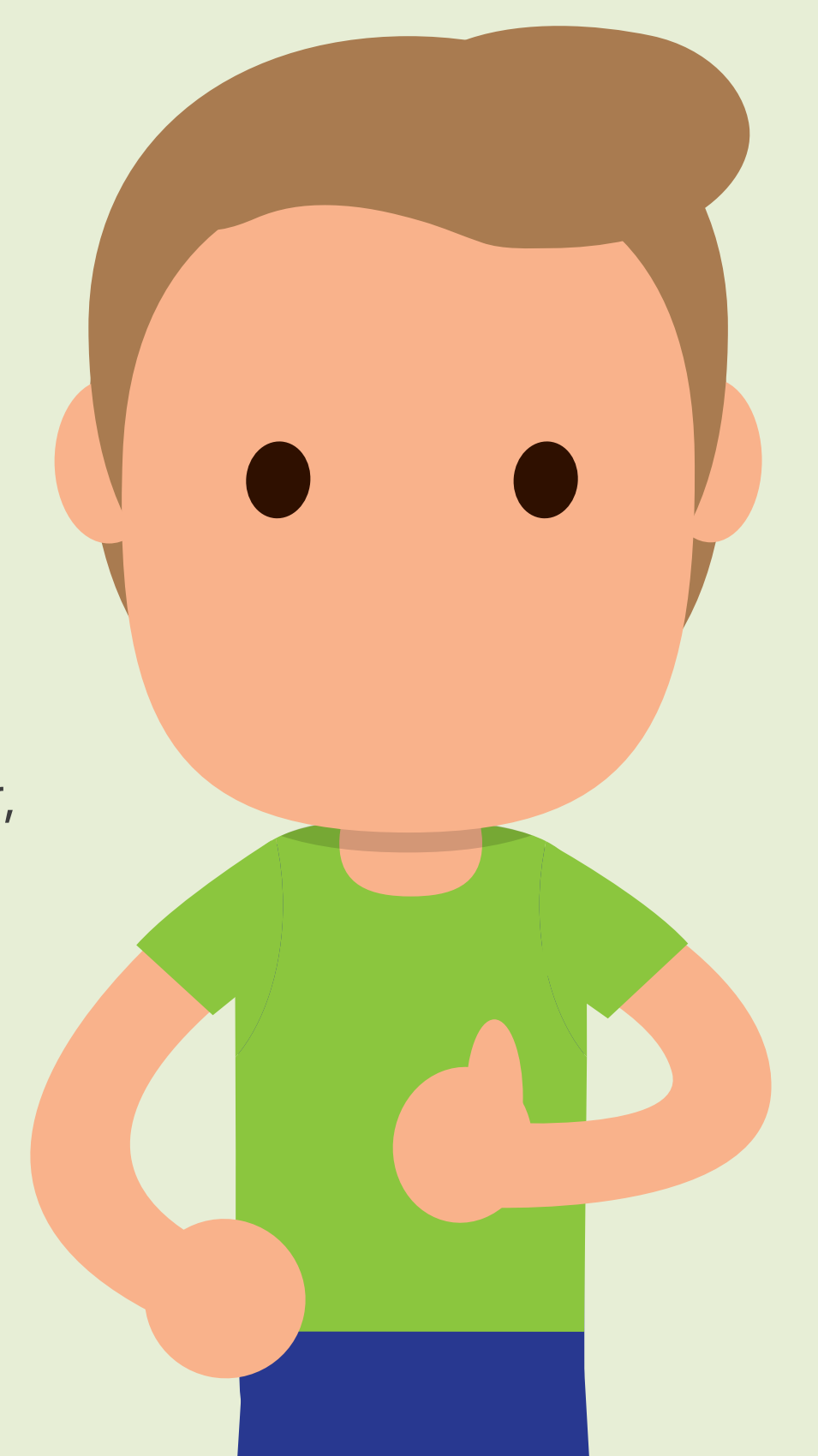
Reduction in alcohol

Conclusion

The Health Trainer programme supports over 2,000 people across Liverpool each year to make positive changes to their lifestyle including stopping smoking, increasing physical activity, alcohol reduction, diet and emotional issues; contributing towards prevention of cardio vascular disease.

Health Trainers also support and promote a range of local, regional and national campaigns, e.g. Stoptober, Dry January, Cancer Screening, May Measurement Month, Change 4 Life Nutrition Campaign etc.

The team are employed locally so have the knowledge and experience of living and working in the community; providing a 'person next door' approach to delivery which greatly complements clinical programmes within the area.



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