

East of England Regional Health Trainer Annual Report 2008-9



Celebration Event at Duxford

152 people attended the Health trainer celebration event in Duxford on the 23rd November 2009.

The purpose of the event was to;-

1. Celebrate people passing their City and Guilds level 3 Health Trainer Qualification or the Royal Society of Public Health Level 2 in Understanding Health Improvement.
2. To have an opportunity to meet other HTs and share good practice.

The National Programme Director for Health Trainers Rachel Carse (from the Department of Health) presented the HTs Certificates.

(See pictures below)



Health Trainers in the Eastern Region

Success, Success, Success

The East of England has made massive strides in developing Health Trainer Services in the East of England. Information collected from the HT audit identified 16 qualified Health Trainers, 131 Trainee Health Trainers, and 265 Health Trainer Champions. The figures do not include 140 members of staff that completed their RSPH level 2 and are signposting as part of their NHS, Council or DAAT jobs. This is a massive increase when compared to 2007 when none of the 89 workers were qualified to RSPH level 2, nor City and Guild level 3.

The numbers will continue to grow as Cambridgeshire PCT (currently recruiting), East and North Herts and West Herts. PCTS (currently commissioning a HT service) come onboard.

The HTs, THTs and HTC's are working in the most deprived IMD postcodes in each of their PCTs and are trained either to sign post to services or to do one-one behaviour changes.



Peterborough HTs Win National award

Peterborough Health Trainers won the NHS Innovations East Award for service delivery in 2008 and were also finalists for the health and social care award this year (2009). The hub leads in the East of England sent their congratulations to the Peterborough team.



There are a variety of Health Trainer Models in the East of England

The community model:

The health trainer (HT) works in a small geographical patch and lets people living in the area know about the service through outreach work – e.g. visiting the local school when parents are dropping off children, setting up a stand at the

local library or shopping centre, visiting groups (e.g. faith groups, community/tenants groups).

□The HT draws up a 'directory' of local activities – walking groups, leisure centre fitness sessions, befriending groups, and CAB outreach sessions.

□Accessible community bases are found to hold one to one sessions with clients – e.g. libraries, community centres, schools, faith buildings, and pharmacies.

The HT lets professional working in the area know about the service. Clients self refer or are referred by professionals. They see a HT for a varying number of times, depending on their individual needs (average of 6).

HTs use a coaching model to support clients to set goals and set an action plan. They also signpost and can accompany people to other activities. This supports the client to overcome access barriers.

The HTs will work with disadvantaged groups including women in refuges, people with learning difficulties; careers, and many other disadvantaged communities.

Gypsy and Travellers

In February 2010 Norfolk PCT will be recruiting two Gypsies/Travelers to work on Gypsies and Travelers' health inequalities. The two workers will be trained to the City and Guilds level 3 and will work on smoking cessation, eating healthier, alcohol awareness and so on.

Probation HTs

In Norfolk PCT three THTs have been seconded to work in Norfolk's Probation service. They have completed their RSPH level 2 and have started their C&G. Once qualified (C&G level 3) the HTs will work on reducing health inequalities in the same way as community HTs.

The GP Model

The Great Yarmouth and Waveney Community Health Trainers work with GP surgeries to provide a comprehensive health behaviour support system. This involves accepting client referrals from Doctors about patients who need motivational support to stop smoking, loss weight, increase exercise and support with mild emotional issues.

More pictures from the Duxford



My Client

A body mass of 63 and money very low
Two teenagers in tow, her progress was very slow
We extended her time with us from six months to a year
She was benefiting from the service; that was very clear
My treatment of our client was always one that's kind
And when I weighed and measured her, she said she did not mind
Cold in winter her house lacked warmth, there was no fire to stoke
In fact, the boiler was useless, completely broke
We consulted "A-Warm", we realised the help we'd got
The boiler came, there was no charge
Now her house is really hot
We told her about endorphins releasing in the brain
She started "Sitting Get Fit", it really was no strain
It did the trick, there is no doubt, she got without the blues
She started swinging arms and legs watching television news
I signposted her to counselling, there's on in Oldham town
Old problems from her childhood were dragging her down
A chance to talk her problems through, it's helped beyond all measure
She feels she has found a friend in this; a real little treasure
She was very pleased we listened, that we cared and understood
We didn't do all the work ourselves but the signposts did her good
She's praised us in a focus group, she's praised us loud and clear
I find it very satisfying, it resonates around my ears
We referred her to a housing worker to help her fill in forms
This linked in with a social worker who told her all the norms
She's moving house, she's going far
Just look what she's achieved
We can't solve all her problems
I really do believe
But she's a woman with a mission, her confidence has soared
And now She's capable of making big decisions!

by Jean Norman, Oldham Health Trainers. Dec 2009

Flying start for NHS North East Essex

1st April 2009 saw the launch of the new NHS Health Trainer service for North East Essex, who received 607 referrals to the service in the first 9 months. Level 2 training was delivered to 118 community and workplace health champions, and 12 health trainers and champions are completing the level 3 C&G certificate.

We have been delighted at the amount of interest from local people of all ages wanting to become volunteer health champions, who do so for a variety of reasons; often to give something back after they have made lifestyle changes themselves, or to get back into education or employment. Already 2 volunteer champions have obtained employment as health trainers within the service, and others have been working on a variety of community health improvement projects including our "Fresh and Fruity" van, "Colchester and Clacton digs it" allotment schemes, and regular Drop in's at Benefits offices.

We also recruited and trained 74 new Youth Health trainers who are delivering peer education programmes in 7 of our secondary schools.

With an increase in our establishment in January we are looking forward to achieving even more in 2010.



Hub Meeting Dates for 2010

Please let Sue have offers to host the meetings and topics.

26th February 2010
30th April 2010
25th June 2010
27th August 2010
26th November 2010

Topics for future hub meetings...suggestions so far include:-

The City and Guilds level 3...what do HTs learn on the course? What portfolio work do they do? What extra support do they need? Paperwork are we all making sure the HTs use the same paperwork, etc.?

JIF...some PCTs are starting to be refused JIF for those without the relevant qualifications ...should we invite JIF to discuss this?

HT apprenticeships

Hub funding...will there be any?

Offender HTs... Do we need an update on the progress?

Sue Green East of England
Regional Strategic hub lead
Aktar Deelawar NHS Norfolk
Anne Durham HMP the Mount
Aruna Sharma-Balls Luton PCT
Claire Mead Cambridge shire PCT
Deborah Lawal SW Essex PCT
Ellen VanGemert Mid Essex PCT
Eric Pudaloff HMP Chelmsford
Fiona Sutton Suffolk PCT
Helen Crowe GT Yarmouth and
Waveney PCT
JackieTosic Mid Essex PCT
Jacqui Philipps SW Essex PCT
Janine Potter Suffolk PCT
Justine Gyton HMP Whitemoor
Kathryn Bagnall HMP Wayland,
Norwich and Coltishall and
Probation services
Kim Bailey SW Essex PCT
Ray Lockett W Essex PCT
Daniel Ingram Voluntary Norfolk
Robin Trevillion Herts. PCTS
Sarah Wetherell Bedfordshire PCT
Felgate Sue (5PW) North East
Essex Sue Felgate North East
Essex PCT
Shakeela Abid Peterborough PCT
Susie Tyer Cambridge shire PCT

Providing Professional support and Guidance

Dr Anne McConville. Regional
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