

## Health Trainers

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The Workforce programme supports and promotes the health trainer workforce as a vital part of the health improvement workforce in public health. The work of the Cheshire & Merseyside health trainers is shared and disseminated via the network bulletin. In Cheshire & Merseyside the health trainer service is coordinated by Heart of Mersey partnerships. To read the report that summarizes health trainer service provision in Cheshire and Merseyside, visit: [www.getheard.org.uk](http://www.getheard.org.uk)

Health trainers support people in their own local communities to achieve healthier lifestyles. They offer practical support to clients on an individual level to achieve improvements in their lifestyles that are important to them. The exact role will differ and they work across a wide variety of settings and locations including local community settings, job centres, prisons, GP surgeries - to name a few! Typically they support clients on a range of health issues including smoking cessation, physical activity, healthy eating, alcohol consumption and sexual health.

For more information on the Heart of Mersey, visit: [www.heartofmersey.org.uk](http://www.heartofmersey.org.uk)

**Health Trainer end of Year Report:** The end of Year report on health trainer programmes continues to demonstrate the key asset this workforce is to tackling health inequalities. [Click here](#) to read more

**The Portsmouth Ready Reckoner** has been developed as a valuable tool to establish the value for money for health trainer services in terms of QALY's and DALY's. The tool looks at health gains, cost savings and equity weighted health outcomes. The tool should be used as part of an overall evaluation of health trainer services that should also include qualitative outcome measures as well. [Click here](#) to read more.

**For further details** on the health trainer programme such as the role of health trainer careers, visit: [www.nhscareers.nhs.uk](http://www.nhscareers.nhs.uk) or for the City & Guilds, level 3 qualification, visit: [www.cityandguilds.com](http://www.cityandguilds.com)

[Click here](#) to view a report **outlining the history** behind the birth of this highly regarded public health workforce, health trainer service provision across the Northwest and its contribution towards tackling health inequalities

To view the **health trainer handbook**, visit: [www.dh.gov.uk](http://www.dh.gov.uk)

To view a **brief summary of the key achievements** of the health trainer service for 2009, visit: [www.nwph.net](http://www.nwph.net)