

Name of service/organisation:

## Kirklees NHS Health Trainers

### Description:

Kirklees Health Trainers work with people and their carers to learn how to manage their health better. Health trainers work with people who have a long-term health conditions to identify issues they wish to address and give them choice and control. Some of the long term conditions Health Trainers can help with are:

COPD (Chronic obstructive pulmonary disease), early onset Dementia, Diabetes, heart disease, neurological conditions, mental wellbeing, cancer, asthma, weight management.

Those taking part will have one to one consultations with a health trainer who will support in identifying their health needs, how to recognise triggers that set off their condition and help them to care for themselves to realise achievable goals.

### Client group intended for:

Anyone with a caring role with a long term health condition, or anyone over 18 with a long term health condition.

**Phone number:** 01484 414933 Gateway to Care – ask to speak with a health trainer  
Text 'Gateway' and your question to 07781 482931

**Email address:** [gatewaytocare@kirklees.gov.uk](mailto:gatewaytocare@kirklees.gov.uk)

**Website:** <http://www.kirklees.gov.uk/healthtrainers>

**Address:** 30 Market Street, Huddersfield HD1 2HG or The Walsh Building, Town Hall Way, Dewsbury

**Main Contact:** Ask to speak with a health trainer

**Planned Events:**



PCAN

HELP FOR PARENTS AND CARERS

**PCAN Pages**

Really useful information for parents of children with additional needs in Kirklees

Website [www.pcankirklees.org](http://www.pcankirklees.org) Call 07754 102336 Email [info@pcankirklees.org](mailto:info@pcankirklees.org)