

Our skilled CYC Health Trainers offer free confidential one-to-one support and guidance, face-to-face or remotely. We cover two main areas: Health Trainer and Stop Smoking sessions.

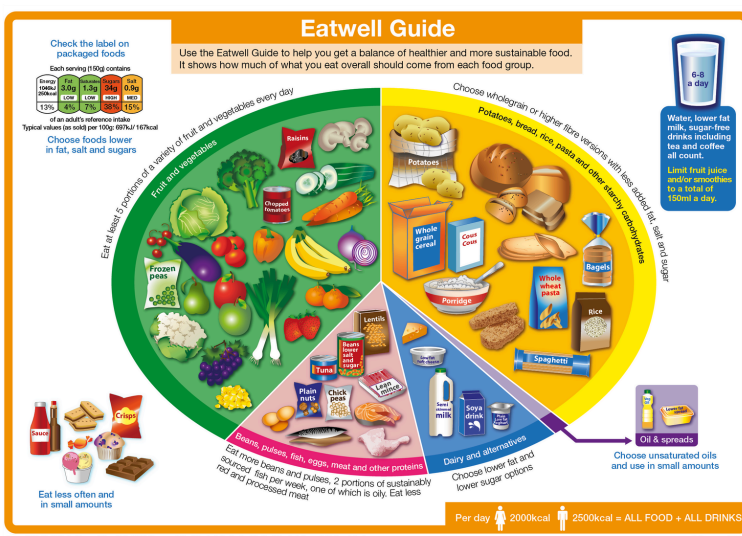
Health Trainer sessions:

Approximately 6 sessions, flexible to suit the clients. Person centred behaviour change support through: goal setting, motivational interviewing, advice, support and signposting to resources, community activities and other relevant services. Sessions are conversation based and clients work on their goals independently between their sessions.

Here we highlight the four Health Trainer topics we cover and resources clients might expect to use:

Healthy eating advice and weight management

- Energy balance: sustainable weight management techniques
- Eatwell guide: discuss food groups, balanced meals/ snacks
- Reading food labels: portion sizes, traffic light system
- Making healthier swaps, recipe ideas
- Keeping a food diary, exploring food and feelings



Finding new ways to be more active

- Discuss the benefits of being active
- Provide client centred physical activity guidance
- Government physical activity guidelines
- Keeping an activity diary
- Discuss barriers to being physically active
- Signpost to physical activity online at home and options in the community

YORK
Health Trainers

Physical Activity Diary

Use this diary to record any physical activity you do throughout the week – this includes things like walking, using the stairs instead of the lift or carrying light loads as well as sports and going to the gym.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What?							
Time:							
Minutes: Difficulty /10							
How feel? – before & after							
Steps							

Reducing your alcohol intake

- Alcohol Audit-C completed
- Discuss Government guidelines for alcohol consumption
- Alcohol identification and brief advice tool
- Understand alcohol and health
- Tips on cutting down
- Use the unit calculator to find out how many units are in different drinks
- Signpost to NHS Drink Free Days app

This is one unit... For more detailed information on calculating units see - www.nhs.uk/live/ell/alcohol/Pages/alcohol-units.aspx

Half pint of "regular" beer, lager or cider
Half a small glass of wine
1 single measure of spirits
1 small glass of sherry
1 single measure of aperitifs

How many units did you drink last week?

NHS

There is no completely safe level of drinking and drinking even small amounts of alcohol can incur risk in certain circumstances

For example, with strenuous exercise, operating heavy machinery, driving or if you are on certain medications.

If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all. Drinking in pregnancy can harm the baby, with the more you drink the greater the risk. The risk of harm to the baby is likely to be low if a woman has drunk only small amounts of alcohol before she knew she was pregnant or during pregnancy.

This leaflet is based on the "How Much Is Too Much?" Simple Structured Advice Intervention Tool, developed by Newcastle University and the Drink Less materials originally developed at the University of Sydney as part of a W.H.O. collaborative study. Download this alcohol advice tool from <https://app.bbc.com/w/cquj-structured-advice-tool>

...and each of these is more than one unit

A pint of "regular" beer, lager or cider (2)
A pint of "strong" or "premium" beer, lager or cider (3)
Alcopop or a 275ml bottle of regular lager (1.5)
440ml can of "regular" lager or cider (2)
440ml can of "super strength" lager (4)
250ml glass of wine (12%) (3)
Bottle of wine (12%) (9)

Score	Risk	What this means	Common Effects
AUDIT-C ¹ 0-4 ASSIST-Lite ² 0-4 AUDIT ³ 0-7	Low risk drinking	Adults who don't regularly drink more than 14 units per week, spread over three or more days, are at low risk of harm from drinking.	<ul style="list-style-type: none"> • Increased relaxation • Sociability • Sensory enjoyment of alcoholic drinks
AUDIT-C ¹ 5-7 ASSIST-Lite ² 5-7 AUDIT ³ 8-15	Increasing risk drinking	Drinking in this way raises your long-term risk of ill health.	<ul style="list-style-type: none"> • Progressively increasing risk of: • Low energy • Relationship problems • Depression • Insomnia
AUDIT-C ¹ 8-10 ASSIST-Lite ² 8-10 AUDIT ³ 16-19	Higher risk drinking	Drinking in this way is likely to be affecting your health or wellbeing in some way already.	<ul style="list-style-type: none"> • Impotence • Injury • High blood pressure • Breast, mouth and throat cancers • Alcohol dependence • Liver disease
AUDIT-C ¹ 11-12 ASSIST-Lite ² 11-12 AUDIT ³ 20-40	Possibly dependent	Your drinking may have become quite problematic and further assessment by an alcohol specialist is advised.	

¹Short 3 question AUDIT questionnaire. ²ASSIST-Lite seven-item drug, alcohol and tobacco screening questionnaire. ³Full 10 question AUDIT questionnaire.

Finding groups and activities to get out in the community

- Understand client interests, hobbies, any activities or hobbies done previously
- Signpost to other services
- Signpost to activities (online and in person)
- Use the Live Well York website so clients can search themselves
- Check in sessions with client to see how their new activities are going

For clients with more complex needs, we might refer to other services e.g. Social Prescribers, Local Area Coordinators, tier 2 or higher weight management programmes, Slimming World, Changing Habits or Changing Lives to name a few.



Stop smoking

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1:1 support for clients to reach 4 weeks fully quit approx. 7 sessions:

- 10 weeks free nicotine replacement therapy (NRT) and/or E-cigarettes provided
- Weekly sessions until 4 weeks quit then fortnightly until 10 weeks.
- Stop smoking client booklet provided
- Carbon monoxide readings offered in face-to-face appointments

Initial session:

- Discuss motivations for quitting
- Risks of smoking and benefits of quitting
- Understand nicotine dependency and why smoking is addictive
- Nicotine replacement therapy (NRT) options and plan developed
- Discuss use of e-cigarettes to support quit
- Discuss habits associated with smoking and how to break them
- Decide quit date and not even a puff from then on
- Steps to take to prepare for quit date

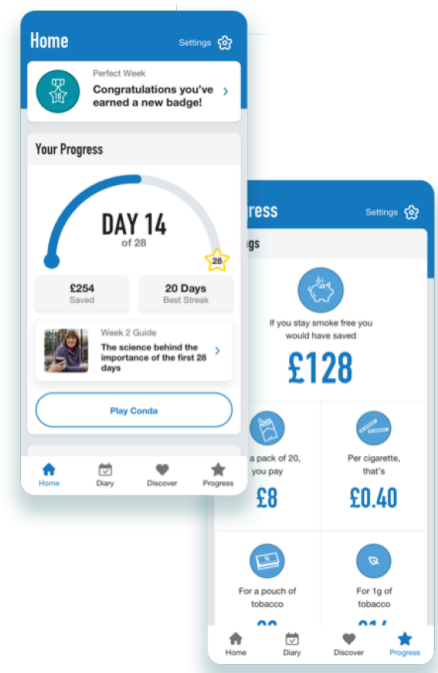


Session 2: around time of smoker's quit date

- Review progress so far
- Review NRT
- Discuss cravings and how they are being managed
- Review changes to habits
- Discuss barriers and how to manage and overcome them
- Assess confidence levels

Session 3 onwards: weekly check-ins until 4 weeks quit

- Discuss benefits
- Discuss any issues and develop a plan to manage this
- Tips to maintain long term quit
- Stepping down plan for NRT discussed
- Signpost to NHS stop smoking app and National Smoke Free helpline



We also support pregnant smokers and their partners:

- Weekly sessions up to 4 weeks quit, fortnightly up to 12 weeks quit, monthly until 3 months after birth.
- Pregnant smokers and partners are eligible for 12 weeks free NRT and or E-cigarettes.
- Pregnant smokers eligible for £170 worth of vouchers throughout their quit.

How to refer to the CYC Health Trainers service?

Easiest way is to directly refer a client or ask client to refer themselves online and click 'contact the CYC Health Trainers': www.york.gov.uk/cychealthtrainers

Or by calling our number: 01904 553377

Or sending us an email: CYChealthtrainers@york.gov.uk

