



Northumberland
County Council

Health Trainer Service

Free and Confidential Service

www.northumberland.gov.uk

“A great service, really opened my eyes to decisions I’m making on living a healthier lifestyle”

Are you 16 or over and living in Northumberland?

The health trainer service is here to help you make realistic lifestyle changes that are tailored to your needs. Health trainers provide personal one to one support with:

- healthy food choices
- weight management
- increasing physical activity
- drinking less alcohol
- stopping smoking

Meet our team



‘Here to help you make the right choice’

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“I feel very at ease talking to the health trainer, they have helped me to understand the benefits of healthy eating. Very kind and friendly staff, which were very informative, an overall excellent service!”

Health trainer sessions involve creating a free personal health plan which will be developed over 6-12 sessions to achieve and maintain your goals.

If you think a health trainer could help you on your journey to a healthier lifestyle, contact us on:

Telephone: 01670 623 840

Email: healthtrainers@northumberland.gov.uk

Our service is available from 9am-4pm, Monday to Friday.

Personal Action Plans

If you need council information in large print, braille, audio or in another format or language, contact us:

Telephone: 0345 600 6400 or see the website for landline numbers.

Fax: 01670 620 223

Text Phone: 01670 542 999

NGT: 18001 01670 622 674 (for people with a speech or hearing impairment).



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