



# Health Trainer Service

Central Lancashire   
Primary Care Trust

## Health Trainers in *YOUR* Community

The Health Trainer service is a Central Lancashire PCT funded project and there are 12 Health Trainers working in the Chorley, South Ribble, and West Lancs Area in various host organisations.

### What Health Trainers do

Health Trainers will provide you with choices and information on services and activities in your area that can improve your health and wellbeing.

It's never too late to change! If you feel you need a change in your lifestyle please contact us...we could be the kick start you need.

Health Trainers offer a **FREE** non judgmental and confidential service. You can refer yourself for approximately 6 sessions if you want to make healthier lifestyle choices.

Health Trainers work on a one-to-one basis and provide support for the things **you** want to change and enable **you** to set achievable goals according to **your** needs.

We can help you to identify any barriers you may face and ways of overcoming them.

We will provide motivation and encouragement, helping to bring about a healthier new you.

### What Health Trainers do not do

Health trainers do not prescribe medication, diagnose illnesses, offer counselling or act as experts

**If you are aged over 18 and live in any of these geographical areas**

Hutton	Heskin
Longton	Mawdesley
Walmer Bridge	Eccleston
Much Hoole	Croston
Bretherton	Rufford
Ulnes Walton	Burscough
Euxton	Tarleton
Charnock Richard	Hesketh Bank
Coppull	Banks
Wrightington	Scarisbrick
Bispham	Hilldale
Upholland	Parbold

You can contact your local Health Trainer Frances Gaskell at:  
Villages in Partnership.

The Stables  
Croston Community Centre  
Castle Walks  
Croston  
Lancs PR26 9RH

Central Lancashire   
Primary Care Trust

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