

# CYC Health Trainers

## Resources for Referrers



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.

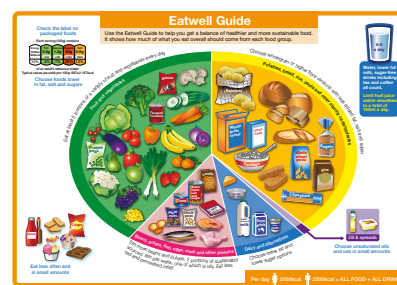
Health Trainer sessions:

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.

Below highlights the 4 Health Trainer topics we cover and resources clients might expect to use:

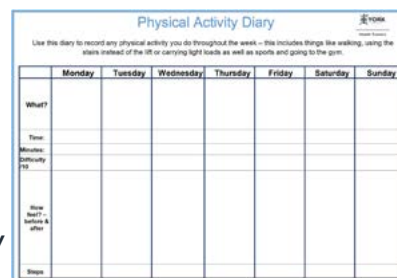
### Healthy eating advice and weight management

- 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



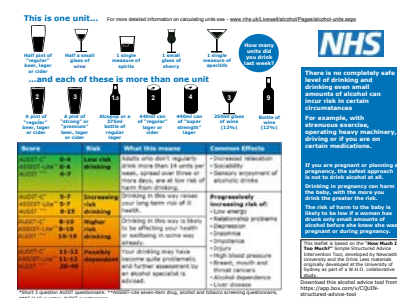
### Finding new ways to be more active

- 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



### 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](#)



### 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 and referral process information overleaf)

# CYC Health Trainers

## Stop smoking



1:1 support for clients to reach 4 weeks fully quit approx. 6 sessions:

- 4 weeks free nicotine replacement therapy (NRT) and or E-cigarettes provided
- 2 weeks initially, 2 weeks again once reached 4 weeks quit
- 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

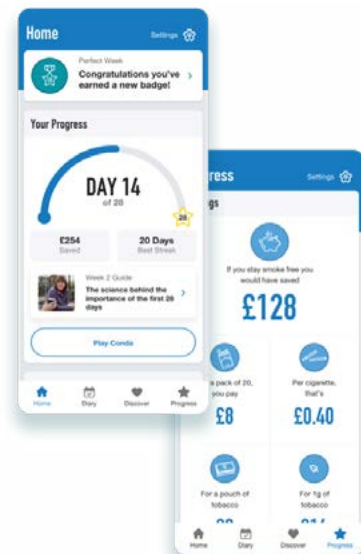


### Session 2: around time of smokers quit date

- 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/cyclehealthtrainers](http://www.york.gov.uk/cyclehealthtrainers)

Or by calling our number: **01904 553377**

Or sending us an email: [CYCHealthtrainers@york.gov.uk](mailto:CYCHealthtrainers@york.gov.uk)