

## Health Trainers

Last Updated Thursday, 28 January 2010

### HEALTH TRAINERS

This innovative project sees the Probation Trust employing ex-offenders to train and work as Health Trainers to men and women on current Probation supervision.

The Local Reducing Re-offending Board, together with the City and County Primary Care Trusts and the NHS Development Centre in the East Midlands are funding this programme for the next until 2012/ 2013.

#### The role of the Health Trainer

The Health Trainers all live in the local community and work alongside participants to improve their general health and wellbeing by linking them with a range of health facilities as well as supporting individuals to try new sporting activities and to become better involved about healthier diets.

This programme is also available to offenders with current drug and alcohol issues who are trying to make more informed choices about tackling their substance abuse.