

Mental Health News

Health Trainers in Salford

The Mental Health News e-bulletin is a daily bulletin issued by the Mental Health Improvement Programme (MHIP) containing an item relating to a Mental Health issue, development or outcome in the North West.

The aim is to bring awareness to our stakeholders about service improvement and innovative projects underway in Mental Health across the North West, and to encourage you (the reader) to act as vehicle for ensuring that you or your organisation is engaged with the work where applicable.

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Health Trainers in Salford support people to make changes they want in their lifestyle to improve their health and well-being; they offer practical advice and good connections into services and support that is available locally. They work with people aged over 16 years who live in or are registered with a GP practice in Salford, and who want to make changes in their lifestyle, but are struggling to do so; a large proportion have a mental health problem.

Engaging with local people through a variety of routes within neighbourhoods, Health Trainers in Salford support individuals to design and implement their own personal action plans. This means starting with no agenda, other than what the person wants to achieve, starting with a few practical steps. They focus not on their needs, but positively on their strengths to achieve their goals. One client wrote that, having been in a cocoon for years, living with anxiety, depression and an alcohol problem, *"I now feel like I have some direction and purpose in life."*

When people take greater control in their lives, and start to achieve what they want, they tend to make healthier choices; many decide to pursue opportunities in training and employment. With the support of their Health Trainer, one person got a job having been unemployed for 23 years.

The Health Trainers in Salford service is run by a democratic social enterprise, Unlimited Potential, which seeks to employ local people. It is jointly commissioned by NHS Salford and Salford City Council (via its Economic Development section). This means that the service is recognised for its impact on both health and employment.

For more information about Health Trainers in Salford, please contact:
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