



**YOURhealth**  
Prevention and Lifestyle Services

All your health, wellbeing and lifestyle needs in one service



To refer and get support, contact us on:

📞 0800 9177752

✉️ HNF-TR.healthtrainers@nhs.net

💬 text Healthy to 60163

🌐 www.nhs.-health-trainers.co.uk



**Referral Criteria** – East Riding resident aged 18 plus.

**How we can help:**

- Alcohol misuse
- Sexual health
- Healthy eating
- Emotional wellbeing
- Physical activity
- Isolation and loneliness
- Weight management



**Referral Criteria** – East Riding resident / East Riding GP registered adult.

**How we can help:**

- Finances
- Welfare
- Housing
- Social health
- Volunteering
- Education
- Relationships and bereavement
- Physical health, addictions, and more



**Referral Criteria** – East Riding resident and Registered to East Riding GP, Aged 12 and above.

**How we can help:**

- Free Nicotine Replacement Therapy for 7 weeks
- Varenicline prescription for 12 weeks Only accessible via the service
- Weekly Carbon Monoxide recording



**Referral Criteria** – East Riding resident and Registered to East Riding GP.  
- Aged 40 -74yrs olds  
- Not had Health check in past 5 years.

**How we can help:**

- Conduct Cholesterol, blood pressure checks and lifestyle questions
- Create bespoke lifestyle improvement plan
- Signpost and refer onwards to relevant service where required
- FREE service and provision



Scarborough & Ryedale  
NHS Weight Management Service

**Referral Criteria** – Aged 18 plus. Scarborough or Ryedale resident/ Gp registered or employed and working in the districts.

**How we can help:**

- Personalised 1-1 assessment, goal setting and coaching
- Introduce you to the 24 week groups weight loss programme
- Deliver weekly 30 minute physical activity sessions



Hull & East Riding Mental Health Wellbeing Coaches

**Referral Criteria** – Aged 18 plus. Hull or East Riding Resident.

Delivered as part of the Primary Care Mental Health Network Team

**How we can help:**

- Low mood
- Chronic Pain
- Sleep Hygiene
- Loss/Grief
- Panic
- Sadness
- Depression
- Covid 19 Recovery