

MEDIA RELEASE

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Health Pod Makes a Happy Landing In Weston-super-Mare

NHS is building on the success of its new Health Central walk in centre in Weston with the opening of the Health Pod for people living in Bournville, Coronation, Oldmixon and The Potteries. The futuristic looking Pod is an easily transported stand which now pops up at the *For All Healthy Living Centre* on Monday mornings and Thursday afternoons. On Wednesdays it is set up at the at the YOU Centre in Oldmixon. Staffed by Health Trainers Jemma Bailey and Sharon Beer, visitors can receive information, advice and practical support to improve their health on issues ranging from healthy eating to quitting cigarettes and exercise.

Explained NHS North Somerset Health Improvement Manager Jan Bond, “The beauty of a Health Shop is that people don’t need an appointment to get help and advice – they can just turn up and speak to one of the trained health trainers who can help with practical advice and guidance on things like how to quit smoking, eat well, lose weight, be more active.”

The Health Central walk in centre on Weston’s Boulevard opened in March, last year and has been a real success story for NHS North Somerset’s public health department.

Added Jemma and Sharon “We were surprised at how successful our first few days were. The POD is even better than we anticipated. It looks lovely in the

centre and we have had lots of people coming forward wanting support to make a change in their lifestyle”

Development manager at the For All Healthy Living Company, Mark Graham added: “The pod is a great addition to the services here at the For All Healthy Living Centre. It makes Health Trainers much more visible and so it makes it easy for people to come and ask for information and support.”

Since the launch of the first health shop in North Somerset in March 2010 over 500 people have received instant access to support from Health Trainers at one of two health shops. Health Trainers work by helping people work out what changes they need to make to improve their health and then support them as they put those into practice. They work in partnership with other organisations such as The Carlton Centre, North Somerset Council and initiatives like Go4Life.

Another health initiative which is turning into a run-away success story for NHS North Somerset and its partners is the Walking For Health scheme, which has just received national accreditation.

Added Jan: “Walking is a wonderful way to get fit. You do not need to have an extensive knowledge of your local area as walks are short and route planning shared with some experienced walk leaders. You just need to be able to guide and support small groups, be alert at all times and encourage participants to walk more.”

This project is co-ordinated jointly by North Somerset Council and NHS North Somerset and is part of the Go4life initiative encouraging everyone to lead healthier and more active lives. To book a place and find out more, call 01275 882730.

-ENDS-

Notes to Editors

- Health Pod opening times:
Mondays 9.30 -12.30, Fridays 12.30 -3.30 For All Healthy Living Centre
68 Lonsdale Ave, Weston-super-Mare
Wednesday 1.00-3.00 The YOU Centre, Aller Parade Oldmixon
- NHS North Somerset is the local Primary Care Trust for North Somerset.
The trust was established in April 2002 to ensure the provision of the highest quality healthcare services to the residents of North Somerset.
- It was recently assessed as one of the most improved PCTs in England by the Care Quality Commission.

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