

Health Trainer Project

Adult Education College Bexley worked in partnership with Mind and the local Primary Care Trust to launch the Health Trainer Initiative in 2008. Since then 45 learners have gained the City and Guilds level 3 Certificate for Health Trainers. This year the Health Trainers programme in Bexley has been transformed from volunteer to a paid model.

My name is Christine Parkes and I started at "Mind" in December 2009 and work with the Being Well in Bexley team. My role at Mind is a Holistic Well Being worker. This is a new role which involves helping people that have mild anxiety or depression with their social needs such as housing, loneliness, fitness and general well being.

Before this current job I undertook training with the Adult Education College Bexley to become a Health Trainer. I was offered a voluntary placement with "Mind" so I had begun to work on a voluntary basis within Mind in Bexley before I took on this new role.

My new job is very interesting and rewarding and I am enjoying helping people to regain their confidence and self esteem. It is the Health Trainer Course that has helped me immensely in gaining the skills, qualification and work experience which has assisted me in getting back into employment.

