

Stop Smoking

Being More Active

Healthy Eating

Sexual Health

Alcohol Awareness

Emotional Wellbeing

One You Trafford is a free confidential service for adults in Trafford providing advice support and evidence based interventions that help individuals achieve their chosen lifestyle change.

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**To register your interest
in volunteering**

or for more information:

Email: sue@bluesci.org.uk

Telephone 07884 303933

www.bluesci.org.uk



**Become
a
Volunteer
with**

ONE YOU
Trafford
**Healthy
Lifestyle Service**

We have a range of volunteer roles dependant on your level of skills, experience and interests. These include:

Lifestyle Practitioner Volunteer

- Undertaking Assessments and offer therapeutic interventions for emotional wellbeing & Healthy lifestyle.

Health Champion Volunteer

- mentor/buddy and support individuals with their lifestyle changes.
- Support individuals to access community activities and access local services.
- Promote the lifestyle service at local events.

Stop Smoking Volunteer

- Offer individual or group support to individuals who wish to stop smoking

How to contact us;

Contact Sue Frost

mob 07884303933

email sue@bluesci.org.uk

www.bluesci.org.uk

Or to arrange an informal visit to one of our centres:

Partington Library & Wellbeing Centre, Central Road.
Partington. M31 4FY

Coppice Library and Wellbeing Centre, Coppice Avenue,
Sale, M33 4ND

Old Trafford Wellbeing Centre
54-56 Seymour Grove Old
Trafford M16 0LN

Broomwood Community Wellbeing Centre, Mainwood
Road, Timperley. WA15 7JU

This is an exciting opportunity to volunteer within a friendly supportive learning environment.

Share skills, learn new skills and meet new people.

As part of our volunteer program you will receive;

- Induction
- Training
- Mentoring
- Supervision
- Volunteer expenses