

Site

Ingeus

Name of project / initiative

Health Trainer Service

Overview

Ingeus has a track record of investing in lived experience staff to deliver Health Trainer services to people on probation, alongside key stakeholders within the criminal justice system such as the Probation Service and Drug Treatment providers. We currently support over 600 vulnerable individuals each year into mainstream health provision and work with a range of commissioners including Probation and relevant local authorities (Leicester City Council, and Leicestershire and Derbyshire County Councils).

Ingeus Health Trainers (who we employ) complete the Royal Society for Public Health (RSPH) Level 3 Certificate in Understanding Health & Wellbeing Improvement and they're assisted by (volunteer) Health Champions who hold the RSPH Level 2 Certificate in Understanding Health Improvement. We currently have five Health Trainers in post, assisting individuals in many different areas, giving advice and signposting service users to appropriate primary care services, including on issues such as diet, alcohol, exercise, smoking cessation and safer sex.

Longevity

The service has been running since 2021.

Benefits

The Health Trainer service not only serves to improve the health and quality of life of people on probation, but it also makes considerable long-term savings to the NHS by intervening and addressing a range of physical and mental health conditions at the earliest opportunity.

Uniqueness

We believe that we are the only provider of these services at present.

Applicability

This approach could be rolled out more widely – and we are currently expanding into other areas already.

Requirements

These are commissioned services and would require funding, and appropriate training and qualifications for the people involved.

For more information:

Contact: Carrie Peters, Director of Operations, Ingeus - capeters@ingeus.co.uk
See also: [KnowX.uk/ingeus\(2\)-KBT22.pdf](https://knowx.uk/ingeus(2)-KBT22.pdf) [Participant feedback]

Submitted by:

Carrie Peters