
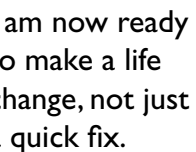



## Success Quotes




This has really motivated me to make changes



I am now ready to make a life change, not just a quick fix.



Very supportive and helpful. It has helped me beyond words.



My health ambassador has really helped me not feel guilty about what I do and not get down when a routine fails.

Health Ambassadors will be based in settings familiar to local communities such as children's centres, schools, community centres, libraries and pharmacies.

The service is free and confidential.

Anyone over the age of 16 can access or be referred to the Health Ambassador Service.

For information contact:  
Peter Kent  
Health Ambassador Co-ordinator  
Mobile: 07824 868437  
Email: [pkent@swindon.gov.uk](mailto:pkent@swindon.gov.uk)

This information about Fresh Start is available on the internet at [www.swindon.gov.uk](http://www.swindon.gov.uk).

It can be produced in a range of languages and formats (such as large print, Braille or other accessible formats) by contacting the Customer Services Department.

Tel: 01793 445500  
Fax: 01793 463331  
E-mail: [customerservices@swindon.gov.uk](mailto:customerservices@swindon.gov.uk)

J54284/10

## Swindon Health Ambassadors Your health, your choice



## Fresh Start

Stopping Smoking

Fitness

Healthy Eating

And lots more...!

**NHS**  
Swindon

 **SWINDON**  
BOROUGH COUNCIL

## A Health Ambassador is...

From your community and trained to:

### Encourage & Motivate



The Health Ambassador will inform, support and signpost you to make

**Your**  
choices to improve

**Your**  
health in the way

**You**  
want to

A Health Ambassador can provide 1-1 support or signposting on...

### Healthy eating

Activity and fitness

### Stopping smoking

Increasing confidence and reducing anxiety

### Sensible drinking

Safe sex and relationship

### Reaching a healthy weight

The possibilities are endless!

You could feel one, several or all of these...

- Happier
- More confident
- More relaxed
- More energised
- More attractive
- More organised
- More in control

