

How do the sessions work?



Sessions usually last 45 minutes, however this can be adjusted to suit your needs.



We provide face to face sessions at GP practices, telephone consultations or online video sessions



Your Health and Wellbeing Coach will see you on a monthly basis for six months. This may be extended or shortened based on need.



Hear from our Health and Wellbeing Coaches

“By helping to provide tools for positive behaviour change, **anything is possible.**”



“I want to help **bridge the gap** between a person’s current and ideal selves.”

“I feel **everyone is capable** of amazing things.”

How do I access this service?

Please contact your GP practice and speak to one of the healthcare professionals to see if a referral is appropriate for you.



Ready for a **healthier** **happier** you?



Health & Wellbeing Coach Service

Let us support you through lifestyle changes!

What is a Health and Wellbeing Coach?

Health and Wellbeing Coaches work with you to give you the knowledge, skills and motivation needed to make healthier lifestyle choices, improve your quality of life and manage your own health.

We support with goal setting, action planning, developing healthy coping strategies and building resilience.

We understand that there are many factors to consider when making behaviour changes, and so we take a personalised approach to care.

We're changing the way we do healthcare, instead of just providing what we think you need, let's work together on your health.

We work around you and focus on what is important to you.

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You possess the keys to your well-being, and together, we'll unlock the path to optimal health.



Who is this service for?

- You have a BMI of 30 or higher, or 27.5 or higher for those of Black, Asian and minority ethnic groups.
- You have been diagnosed with pre-diabetes or type II diabetes within the past 2 years
- You must **not** be pregnant to access our service.

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You have what you need, and together we will find it.



How will this service help me?

There are many potential benefits for patients who use our service:

- Improve motivation
- Improve physical activity
- Manage blood sugar levels
- Develop health and wellbeing knowledge
- Gain confidence
- Improve eating habits
- Improve overall sense of health
- Improve sense of control
- Feeling empowered

