

A new diagnosis can sometimes feel overwhelming. We're here to help...



Regular contact with
like-minded people
making positive changes
to their lifestyle



Building skills, knowledge
and confidence to adopt
long term healthier habits



Let us help you explore
ideas and take your next
steps towards your goals

Feedback from our
coaching clients...

I am so grateful these sessions are
available. They provide a safe, inclusive
time to meet others and discuss valuable
topics. Stops you feeling lonely and
provides a time to look forward to, and
learn important ideas for coping and
knowing you are not alone with issues you
have felt impact only you.

Feeling like i'm not alone and
learning new ways to help
improve or manage my life.

Spending time with other
people who truly understand.
Being reawakened to a lot of
facts that had been forgotten
along your journey and learning
new stuff ...



Health and Wellbeing Coaching



Personalised care is about
finding out 'what matters to you'.
You are the most important part
of your own care and we want
to support you to be an equal
and active partner in your
health and wellbeing.

Lindsey and Emma look forward to supporting you.

What matters most to you?



To find out more, please contact us:

Lindsey  Emma
07923236764 07795231064



healthcoaches.hslpcn@nhs.net

We will work with you to find out your individual strengths, preferences and needs, as well as taking into account challenges and factors that may impact on your lifestyle and goals.

This could be:

- **1-1 Health coaching:** helping you gain and use the knowledge, skills and confidence needed to actively reach your self-identified goals.
- **Self-management education:** structured programmes and short courses for people with long-term health conditions.
- **Peer support:** bringing together people with similar long-term conditions, to share experiences, build understanding, and aid self-management or recovery.

What to expect

Your GP practice will contact us with a short explanation of the reason for referral and basic contact information

A health and wellbeing coach will contact you to arrange an initial telephone conversation

You will then be invited to start coaching via telephone or in person, with the option of either fortnightly or monthly coaching sessions

