

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

