

Health and Wellbeing Coaching Service

January 2024

Health and Wellbeing Coaches support people in making improvements to their lifestyles. It is suitable for patients who may be low in motivation to change, who 'know' what they should be doing but are finding it challenging to follow through.

Do you have raised cholesterol/ blood pressure or are pre/Type 2 diabetic and would like to improve your diet, reduce your weight or increase your activity? Then working with a coach could help you learn new skills to self-manage these conditions and take back control of your health.

Coaches encourage people to find workable solutions whilst providing information, resources and links to other services to support change.

Health Coaching will enable you to

Establish step by step goals

Learn new skills

Be persistent

Reward success

Focus on one behaviour at a time

Seek support

Suitable for:

18 years and over

Complex health: cardiovascular disease, prediabetes, type 2, raised blood pressure, raised cholesterol and other long-term conditions

Lifestyle factors; poor diet, weight, anxiety, low activity, poor sleep

Low in motivation or activation

Wanting behavioural change to improve health

Not suitable for:

Severe mental illness

Severe cognitive impairment Addiction or misuse of substances

Urgent social care needs

Eating disorder

How do I access Health and Wellbeing Coaching?

Have a chat with your GP or practice staff member about being referred.

How many sessions will I get?

6 session on a 1-2-1 basis spread over a period of months



Eric Downer



Lucy Case