

WHO ARE WE?

Your Health and Wellbeing Coaches are here to support patients to develop knowledge, skills and confidence to achieve their health and wellbeing goals. As a team, we come from a variety of backgrounds, but we share a passion for coaching, instilling confidence and empowering people to take an active role in managing their own health.

We are here to equip patients with what they need to manage their own health and wellness outcomes.

HOW WE CAN HELP

Health and Wellbeing Coaches can offer clinical support to patients through targeted exercise, education and behavioural change, motivational interviewing and group consultations.

Working 1:1 or in a group, we can support patients through:

- Long-term condition supportive exercise programmes, including chair based exercise
- Diet, healthy eating and lifestyle change coaching
- Creating networks of support
- Understanding each patient as an individual, with their own goals and measures of success

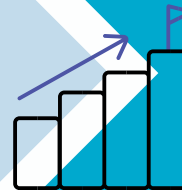
THE HEALTH AND WELLBEING COACHING JOURNEY

Your Coach will take time to get to know you; to find out what really matters to you in your life. Together, you'll set manageable goals and establish what you need to achieve them. Your coach will help you find relevant information, activities or interventions specifically for your needs.



You and your coach will meet or check in regularly. Your coach is here to support you as you work towards your goals. You might want to attend exercise classes or walking groups, peer support groups, health clinics or even coffee mornings. Your health coaching journey is as unique as you.

As you progress and your health improves, you and your coach might start to set new goals. If you're not progressing as you'd like, your coach can re-assess your goals with you. As you come to the end of your coaching journey, you can expect to feel confident and empowered to manage and maintain your health.



CONTACT US

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Surgery staff – Please send referrals via task direct to me.

 Eastbourne East PCN
COLLABORATIVE HEALTHCARE

HEALTH AND WELLBEING COACHES

WHY SHOULD I SEE A HEALTH AND WELLBEING COACH?

You feel ready to make healthy lifestyle changes but don't know where to start.

WHAT TO EXPECT

Our team of Health Coaches provide friendly, approachable, holistic support for individuals who are motivated to improve their health and wellbeing. Health Coaches empower you to make and maintain positive changes to your lifestyle through coaching, goal setting and follow up support. We offer a wide range of support to include; telephone, web or face-to-face support and you can also utilise our online tools and information.

WHAT CAN I TALK TO A HEALTH COACH ABOUT?

You can talk to your coach about anything that might be your health and wellbeing. Some common concerns that we can support with include:

- Joint pain
- Improving sleep
- Getting active and/or moving more
- Creating healthy habits
- Getting out and about
- Drinking less alcohol
- Improving your mood
- Weight management
- Stopping smoking

WHAT ARE THE BENEFITS?

Health and Wellbeing Coaches will spend time with you discussing your health and lifestyle. By listening to what really matters to you, your coach will help you identify realistic health goals and develop your confidence so you can successfully manage your own health and wellness.

Self-management of your health will improve your physical and mental health as well as reducing your risk of developing long-term health conditions in the future.

