

Have you ever felt like



- I am not motivated to improve my lifestyle
- I want to improve my health by getting more active but don't know how
- I have tried lots of ways to lose weight but nothing seems to work
- I am feeling stressed and anxious and it's stopping me from doing the things I like
- I want to improve my health by giving up smoking or drinking less alcohol, but don't know how
- I want to be more mobile and independent



Health and Wellbeing Coaching helps people to gain and use the knowledge, skills and confidence to become active participants in their own healthcare.

Please talk to your surgery staff for more information or to discuss referral

North and West Primary Care Network Surgeries

Kington Medical Practice
kingtonmedicalpractice.co.uk
01544 230302

Mortimer Medical Practice (Leominster)
mortimer.gpsurgery.net
01568 708214

Ryeland Surgery (Leominster)
ryelandsurgery.co.uk
01568 614141

Tenbury Wells Surgery
tenburysurgery.co.uk
01584 810343

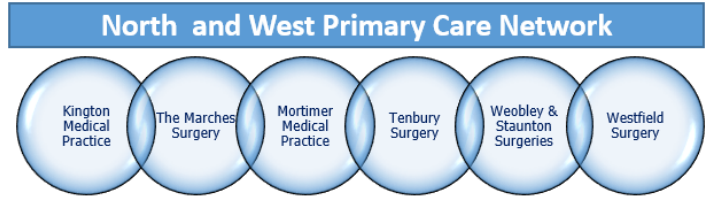
Weobley and Staunton-on-Wye Surgeries
www.weobleyandstauntonsurgeries.nhs.uk
Weobley: 01544 318472
Staunton: 01981 500227



Produced by Taurus Healthcare on behalf of the North and West Primary Care Network
herefordshiregeneralpractice.co.uk

If you would like to receive this information in an alternative format (for example large print or easy read) please email comms@taurushealthcare.co.uk

Front cover image courtesy of Visit Herefordshire



Health and Wellbeing Coaches

Part of the Wellbeing Team



Information for patients

What does Health and Wellbeing Coaching offer?

There are many factors that affect our health and wellbeing.

A Health and Wellbeing Coach works alongside other healthcare professionals in your surgery to identify what motivates you and to find a way to help you make **choices** that improve your lifestyle.

What is a Health and Wellbeing Coach?

A Health and Wellbeing Coach is a non-judgemental person who can spend time with you to talk about something that has been impacting your health and wellbeing.

The conversations that we have together can help and support you to overcome the barriers preventing you from reaching *your* health goals.



I was introduced to my Health and Wellbeing Coach and now I feel like my life is on the up. They helped me to make some small changes and life is really good now!



How do I access a Health and Wellbeing Coach?

Step One

Surgery staff can talk to you about how Health and Wellbeing Coaches will help and support you. They can make a referral on your behalf.



Step Two

Your local Health and Wellbeing Coach will aim to contact you within two weeks to discuss your referral.

You will be able to talk to them over the phone, meet at the practice or in the community, whichever suits your needs.



Step Three

In an initial consultation, we will ask you what difficulties you are facing and we will discuss what matters to you.



Step Four

Following the initial consultation, we will make a plan together to ensure you achieve and maintain your goals.