|  |  |
| --- | --- |
| **How do the sessions work?**  **How to refer:**  A GP or surgery health worker can refer you, or you can contact the surgery and ask a care navigator to be referred to the Health and Wellbeing coach. The staff member will check and assess if you meet the criteria. A referral form must be completed by the surgery for the referral to be processed. |  |
| We generally offer 6-8 sessions up to 45 minutes, the first up to 1 hour.  There is no formal structure to the sessions as each patient varies substantially in the level of support they require and the reason(s) they have been referred. Their lifestyle, beliefs, goals and values generally guide the support they receive, as well as taking into consideration the patient's motivation to change and level of current knowledge regarding their health and wellbeing. |  |

* Weight Management
* Physical Health & Activity Levels
* Stress, Mood, Low-Level Mental Health
* Improve Confidence / Self-Esteem / Motivation
* Diabetes & Hypertension Self-Management Support
* General Lifestyle & behaviour Changes

Health and wellbeing coaches work with people with physical and mental health conditions, long-term conditions and those at risk of developing them. Coaches support people to think through their own challenges and goals. A health & wellbeing coach can help patients identify positive behaviour changes to improve their lifestyle, resulting in better physical and mental health outcomes.

**What can a Health and Wellbeing coach help with?**

**What does a Health and Wellbeing coach do?**

WSR PSN

West Suffolk Rural

Health & Wellbeing Coaching

**The Guildhall Surgery**

High Street, Clare, Suffolk, CO10 8NY

01787 277523

**Glemsford Surgery**

Lion Road, Glemsford, Suffolk, CO10 7RF

01787 280484

**Wickhambrook Surgery**

Boyden Close, Nunnery Green, Wickhambrook, Suffolk, CB8 8XU

01440 820140

* You can talk to confidentially in a safe and welcoming environment
* Will listen to you, is practical and helpful, and who will not judge you
* Can help you explore what you would like to do to feel healthier
* Can give you support along the way with a personalised approach
* Does not tell you what to do or make decisions for you.

A Health and Wellbeing Coach is someone who:

* Explore what is important to you and how to reach your own personal goals
* Gain support and encouragement along the way
* Increase your skills, knowledge, motivation and confidence levels
* Raise your awareness to identify unhealthy habits and make positive changes

# Together we can:

Health and wellbeing coaches are an effective intervention to enhance improvements in people's mental and physical health, and promote self-management. This is achieved by developing patient's motivation, knowledge, skills and confidence around a variety of health & wellbeing conditions.

**What is a Health & Wellbeing coach?**