

What are some of the benefits of seeing a Health & Wellbeing Coach?

- Bespoke plan to suit individual needs
- 1:1 and group sessions
- Links to specialist services
- Access to information and advice linked to your health condition
- Practical steps to reach your goals
- No judgement
- A healthier lifestyle and better quality of life

How can you access this support?

If you are aged 18 or over you can access a health and wellbeing coach through your local GP surgery. Simply contact your surgery and ask to be referred.



What will happen once I have been referred?

You will be contacted by a health and wellbeing coach who will make an initial appointment with you for an informal chat. This is an opportunity for the coach to find out some information about you and what you would like to achieve.

Depending on your discussions, your health and wellbeing coach will then arrange follow up sessions on an individual or group basis or by phone depending on your needs.

Find out more

If you are interested in finding out more, please contact your local surgery.

Health & Wellbeing Coaches on the Isle of Wight



Did you know?

Your doctor is not the only person who can help you feel better.

If you are aged 18 or over you can receive support from a health and wellbeing coach. A free service provided through your local surgery.

What is a Health & Wellbeing Coach?

Health and wellbeing coaches are specially trained non-clinical members of your GP practice team who help people to manage their own physical and mental health conditions.

They support people to develop the knowledge, skills and confidence to manage their own health and care, so they can reach their health and wellbeing goals.

This might include supporting people with long-term conditions or health issues, who are struggling to get motivated to take steps to improve their quality of life.

Your local health and wellbeing coach can:

- Provide you with personalised lifestyle support
- Help you to increase your activity levels
- Help you make sustainable changes to improve your health and wellbeing

Some health coaches specialise in areas such as chronic pain, weight management or diabetes and run peer support groups to help people who share similar conditions.

Their services are confidential and free of charge.



What kind of support is provided?

Through 1:1 support and group coaching, health and wellbeing coaches provide help with:

Setting goals

- Identifying short and longer-term goals
- Proactive steps to achieve them
- Review your progress
- Help you to overcome challenges

Motivation

- Tailoring goals to suit individual needs
- Help you take control of your physical and mental health
- Celebrate progress and success

Prescribing tailored activities

- Identify activities to support your health improvement
- Help to link you with groups

Putting plans into action

- 1:1 and group sessions to help you work towards your goals
- Eating well and staying active
- Support with your long-term health condition
- Link you to other health services to help you achieve your goals

Who can benefit from seeing a Health & Wellbeing Coach?

Anyone wanting to make positive changes to their life can benefit from working with a health and wellbeing coach.

This might include:

- Someone struggling with a long-term health condition
- Someone recently diagnosed with a health condition
- People looking for general advice around health and wellbeing issues
- People who need support with motivation and want to make positive changes

Health and wellbeing coaches work with people with health issues including:

- Chronic pain
- Diabetes
- Respiratory problems
- Weight management
- Anxiety
- Stress
- Depression

