

HEALTH AND
WELLBEING COACHES
ARE AVAILABLE TO
PATIENTS AT:

Brandon Medical Practice
01842 810388

Forest Surgery , Brandon
01842 810206

Lakenheath Surgery
01842 860400

Market Cross Surgery,
Mildenhall
01638 713109

Reynard Surgery, Red lodge
01638 552211

Orchard House Surgery,
Newmarket
01638 666887

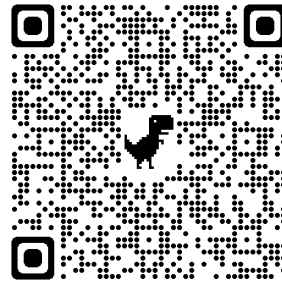
Oakfield Surgery, Newmarket
01638 662018

Rookery Medical Centre,
Newmarket
01638 665711

How do I book to see a coach?

You can request an appointment with a Health and Wellbeing Coach in the following ways:

1) **ONLINE SELF-REFERRAL** Scan the QR Code and complete this self-referral form (it takes 2-3 minutes), then a coach will contact you to set up an appointment:



2) **EMAIL SELF-REFERRAL** the Forest Heath PCN Health and Wellbeing Coaching team directly and they will contact you to book an appointment. Email: sneeicb-ws.fhpcnhealthandwellbeing@nhs.net

3) Visit our website:
<https://forestheathpcn.org.uk/health-wellbeing/>

4) **CALL YOUR SURGERY** to request an appointment.

HEALTH
&
WELLBEING
COACHING
SERVICE



What is Health and Wellbeing Coaching?

Health Coaching is designed to help you develop the skills and habits needed to take control of your health and wellbeing.

How can a Health and Wellbeing Coach help me?

Having a coach can help you take a more active role in managing your own health and wellbeing. In partnership with your coach, you will explore ways to introduce healthier behaviours into your lifestyle for long-term changes that fit your needs.

“Motivation is what gets you started, Habit is what keeps you going ”

Who can benefit from health and wellbeing coaching?

Anybody who is ready to make lifestyle changes in any of the following areas:

IMPROVE EATING HABITS AND WEIGHT MANAGEMENT.

You may need to manage your weight due to health concerns or simply want to feel more comfortable in your body. You and your coach will work together to make healthier choices and realistic lifestyle changes that work for you.

LEAD A MORE ACTIVE LIFESTYLE.

Increasing activity can help improve quality of life, health, and wellbeing. Your coach can help you find ways to move more every day.

MANAGE HEALTH CONDITIONS.

(Diabetes, Cardiovascular Disease, Stroke, Hypertension).

Your coach can help you integrate your doctor’s advice into your daily routine and help you manage your health conditions better.

STOP SMOKING SUPPORT.

Did you know you are four-times more likely to stop smoking with the support of a coach? Your coach can provide support and guidance during your stop smoking journey.

What happens next?

After you have made your referral to the Health Coaching service you will receive a short, initial telephone call from a coach to assess if the service is suitable to your individual needs. You may then be offered between one and six 30-minute follow-up sessions with your coach.

What can I expect from my first coaching session?

You and your coach will explore your values and priorities related to your health and wellbeing. Together with your coach, you will agree on possible areas for change and create goals to help keep you on track.

