

Health & Wellbeing Coach

LD:NorthEast's

Healthy Tomorrows Service

North West PCN

Additional Role

The Health & Wellbeing Coach provides personalised lifestyle support. They empower patients to manage their own health and wellbeing, supporting them to live well in their community.



In detail

The Health & Wellbeing Coach will support patients to identify their needs, set goals and bring everything together in a Personalised Care Support Plan.

They will encourage patients to make healthy lifestyle choices and maintain long term behaviour changes, as well as offering signposting support to access additional services.

Who is it for?

Health coaching support is ideal for adults who have a learning disability and would benefit from some additional support to manage their health and wellbeing.

What support do they offer?

- Setting achievable goals, building confidence and developing resources to help patients successfully manage their health and wellbeing.
- Motivating patients through education and a personalised plan which is easy to achieve and integrate into their daily routine.
- Implementing preventative measures to improve wellbeing and reduce the risk of developing long term health conditions.

Referral Process

Patient identified by Care Co-ordinator or by a member of the practice team after attending an annual health check



Patient referred to Health & Wellbeing Coach as a task by email / phone



Health & Wellbeing Coach books patient in for consultation session to identify needs and set goals



Health & Wellbeing Coach produces a PCSP. Plan and consultation notes are recorded on patient's medical record.



Health & Wellbeing Coach supports patient but may also refer them to other professionals within the PCN, or signpost to external organisations

Your Health & Wellbeing Coach is:

Service Enquiries

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Live Life Your Way