

# Health & Wellbeing Coach

LD:NorthEast's

Healthy Tomorrows Service

## North West and North Shields Primary Care Networks

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 Wellbeing 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.

Patients can be referred for health coaching support by their GP or by contacting us directly.

## How I Can Help

- 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 add into their daily routine.
- Putting preventative measures in place to improve wellbeing and reduce the risk of developing long term health conditions.

**Your Health & Wellbeing Coach is:**

*Michelle Taylor*

## Service Enquiries

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*Live Life Your Way*