



“What matters most to YOU about your health & wellbeing?”

Why wait until the New Year to make a difference?

‘**Health Coaching**’ helps patients gain and use their own knowledge, confidence & skills to become active participants in the care of their own health & wellbeing, so that they can reach self-identified goals.

Health Coaching is a partnership between non-clinical health care practitioners (NHS Health & Wellbeing Coach’s) and patients. It guides and prompts patients to change their habits & behaviours, so that they can make healthier choices based on a “what matters most to you?” approach.

Health & Wellbeing Coaches can support you by telephone or in person.

Current support available includes:

- **Tackling obesity/lowering your BMI with weight loss & healthier eating**
 - **Physical activity & moving more**
 - **Weight management with Pre-Diabetes/Type 2 Diabetes**
 - **The Menopause & Women’s Health**

Health & Wellbeing Coaches support you in making healthier lifestyle choices and support you in learning how to enjoy your relationship with food/physical activity/self-confidence etc.

Health & Wellbeing Coach’s will *NOT* tell you what to eat/do or what not to eat/do. Their support is about guiding you to make informed choices, without the feeling of guilt around food, to be healthier, fitter & the best version of you possible.

To find out how our Health & Wellbeing Coaches Diane & Maria can support you, please contact them directly in the first instance including your preferred contact telephone number via:

E mail: fgccg.willowhwbcoach@nhs.net



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