

Do you want to make a change to your health and wellbeing?

Talk to our Health and Wellbeing Team

Available to support you with :-

- Healthy Eating & Weight Management
- Improving Physical Health
- Reducing Smoking or Alcohol Intake
- Support for Carers
- Housing & Money Advice
- Employment, Training & Volunteering
- Local Groups & Activities
- Befriending, Counselling & Support Groups



cchpcn.healthandwellbeing@nhs.net



Contact your GP surgery



Available through the following practices:-

South Leicestershire Medical Group
0116 279 3308

Billesdon Surgery
0116 259 6206

Social Prescribers and Health Coaches are here to help you with your health and wellbeing

 cchpcn.healthandwellbeing@nhs.net  **Contact your GP surgery**

What is Social Prescribing?

A Social Prescriber offers the kind of help that doesn't come in a tube or bottle. We point you in the right direction to help you improve your health and wellbeing. Examples of help include:-

- Advice for Carers
- Housing, Benefits & Financial Advice
- Employment, Training & Volunteering
- Local Activity & Interest Groups
- Befriending, Counselling & Support Groups

What is Health Coaching?

Health Coaching is for individuals who require help with making healthier lifestyle changes and enables you to self-manage your health behaviours, long term health conditions and medications.

Examples of help include:-

- Healthy Eating
- Increasing Physical Activity
- Reducing Smoking or Alcohol Intake
- Managing Stress



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