

Health and Wellbeing Service



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Areas of expertise: Stress management, weight management, lifestyle/behaviour change coaching.

Who is this for?

Support with managing long term conditions–Diabetes /pre diabetes and respiratory conditions.

How to access this service?

Ask your GP or member of staff at the surgery about the health and wellbeing service.

What can you expect from a Health Coach?

- Take more of an active role in your health care
- Develop realistic health related goals with your health coach
- Regular one to one meetings, either by phone, video or face to face
- Help to improve the symptoms of a long term condition
- Increase your activity levels, in a way that is right for you
- Reduce breathlessness
- Promote self esteem
- Decrease anxiety and depression

Nottingham West PCN