

ARE
YOU
READY
TO
MAKE
A
CHANGE?

Please get in touch

To be eligible to receive support you **must** be registered with one of these GP practices: -

- Garforth Medical Centre
- Gibson Lane Practice
- Kippax Hall Surgery
- Lofthouse Surgery
- Moorfield House Surgery
- Nova Scotia Medical Centre
- Oulton Medical Centre

Self-Referral Form

Full Name:.....
 NHS Number:.....
 Phone Number:.....
 Email Address:.....
 GP Surgery:.....

Please tick the boxes to describe what you want to discuss with your Health & Wellbeing Coach	
<input type="checkbox"/>	I have just been diagnosed with a health condition
<input type="checkbox"/>	I need help with my Type 2 Diabetes
<input type="checkbox"/>	I need help with my heart condition
<input type="checkbox"/>	I need help with my high blood pressure
<input type="checkbox"/>	I want to improve my health
<input type="checkbox"/>	I want to improve my diet and my relationship with food
<input type="checkbox"/>	Other, please give details:

Please hand this completed form to the GP reception.

Admin: please email completed form to wycb-leeds.healthcoach.ls2526pcn@nhs.net



WANT TO BECOME THE HEALTHIEST, HAPPIEST VERSION OF YOU?

WE CAN SUPPORT YOU TO MAKE DIET & LIFESTYLE CHANGES

HEALTH AND WELLBEING COACHING

WHAT DO WE DO?

WE CAN HELP YOU MAKE POSITIVE LIFESTYLE CHANGES BY:

LISTENING with compassion and help with health issues that are worrying you now

EXPLORE your health behaviour choices and what matters to you most

SUPPORT you to build your knowledge and skills around your health condition by helping you to access information and resources

DEVELOP your self-management strategies for making sustainable healthy lifestyle changes

ENCOURAGE self-reflection and goal setting to help improve your health and wellbeing

EMPOWER you and build your confidence to achieve your self-identified goals

LINK/SIGNPOST to appropriate support services

HELP YOU TO TAKE CHARGE OF
YOUR OWN HEALTH & WELLBEING

*"I WANTED TO MAKE A CHANGE BUT I
DIDN'T KNOW WHERE TO START"*

WHO CAN WE HELP?

ADULTS WHO:

- Have one or more long term condition(s), such as Type 2 Diabetes/Heart Disease/Hypertension.
- Have Pre-diabetes
- Are at risk of developing a health condition who want to make self-identified lifestyle changes
- Want to improve their health through lifestyle changes such as eating healthier and/or getting more physical activity

RESEARCH HAS SHOWN THAT PEOPLE WHO WORK WITH A HEALTH AND WELLBEING COACH:

Feel better
Feel happier
Feel more in control
Feel more confident
Gain better health outcomes

HOW CAN YOU ACCESS?

AT YOUR GP PRACTICE

Referrals can be made by any health professional at your GP Practice.

SELF REFERRAL

Complete the self-referral form in this leaflet and hand to the GP reception.

CONTACT US

lseccg.handwcoach.ls2526pcn@nhs.net

WHAT DO OUR SESSIONS INCLUDE?

An initial telephone call to

- Explain what to expect from Health and Wellbeing Coaching and find out more about you
- Understand what you would like support with

You will then receive a series of coaching sessions to support you to:

- Work towards & achieve your self-identified goals

You can request a 6 month progress review.