

Wolstanton Medical Centre

A part of Newcastle Primary Care Network



What is Health and Wellbeing Coaching?

‘Health & Wellbeing Coaches can help patients to make positive, long-lasting lifestyle changes to improve their wellbeing and overall health by focusing on what matters to them’

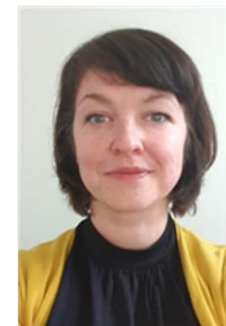
Health and Wellbeing Coaching is a patient centred service offered to help create lasting change to improve your well-being and overall health.

Health and wellbeing coaches (HWBCs) will use health coaching skills to guide and support you to develop the knowledge, skills, and confidence to become active participants in your care so that you can reach your own health and wellbeing goals.

We will discuss what is important to you, and what changes you feel you need to make to better manage your health and wellbeing.

Together, we will then set achievable goals, based on what matters most to you, and create support plans to assist you in making proactive steps towards long-term change

Who is our Health and Wellbeing Coach?



Nadean Johnson

I have worked in healthcare since 2005, providing care and support to a wide variety of patients in different circumstances.

I offer a supportive and non-judgmental approach to your care and will help you to identify and achieve your goals, keeping you at the center of our work.

I also work as a Primary Care Paramedic within the practice.



Working together for patients

Respect and dignity

Commitment to quality of care

Compassion

Improving lives

Everyone counts

What to expect:



- **An initial consultation:** either face to face or via a telephone call to understand what matters most to you, and what aspects of your health and wellbeing you want to improve. This also helps you and I make sure coaching is right for your needs. If it is not I will signpost/refer you to the right service.
- **An agreed plan and self-identified goals:** that support you to take action on your goals and tracks your progress.
- **Ongoing Support and advice:** to help you develop the knowledge, skills, and confidence in managing your own health and wellbeing
- **Opportunity to access health and wellbeing activities:** to help you achieve your goals.

Who it helps and how it helps?

Health and wellbeing coaching helps anyone who is looking to make a positive change to their health and wellbeing and needs support to get started. Your coach will guide and support you to reflect on and change your behaviours, to help you reach self-identified health and wellbeing goals. Implementing change can be hard, but they will be here to support you through your journey.

Coaching can help with:

- Change in behaviours
- Help you reach your own goals
- Improve your confidence
- Make healthier lifestyle choices and routines
- Support chronic health conditions and pain
- Weight management
- Explore a healthier diet and exercise routine
- Adopt a more active lifestyle
- Reduce stress and low mood

How to Refer?

- Self-referral by contacting:

Nadean.johnson@northstaffscg.nhs.uk

- Ask a staff member at the surgery to book an appointment or make a referral.
- A health professional may recommend this service to help with an existing medical condition or to help with your treatment.



Providing NHS services