



Health & Wellbeing Coaching

My name is Danny and I am the new Health & Wellbeing Coach for Retford and Villages Primary Care Network. This exciting new role has been set-up to support people to self-manage their long-term health conditions.

I can offer weekly, bi-weekly, or monthly support to discuss what matters most to you. We will increase motivation, work through goals and introduce healthy behaviours to develop your skills so that you feel confident to take control of your own health. Together, we will holistically assess your health and focus on the areas you want to improve.

CONTACT

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QUALIFICATIONS / EXPERIENCE

MSc Exercise Science
BSc (Hons) Exercise Science
Physical Activity, Falls Prevention,
Weight Management Experience
GP Referral
Personal Trainer
OTAGO Strength & Balance
Mental Health First Aid

I'M HERE TO SUPPORT YOU WITH...

- Management of long-term health conditions – initially focusing on Fibromyalgia, Long-COVID and Frailty groups
- Increasing activity levels
- Weight management
- Healthier diet
- Reducing stress / low mood
- Social isolation / loneliness

WE WILL DO THAT BY...

- Identifying a care plan that works for **you**
- Putting **you** at the centre of decision-making, so that **you** can take control of your own health
- Facilitating healthy behavior changes through education and resources
- Setting achievable goals
- Referring to local community groups and specialist services

THE EVIDENCE

- Adoption of healthy behaviours – increased activity levels, improved BMI scores, less dietary fat intake
- Increased motivation, patient activation and self-efficacy
- Patient satisfaction and quality of life
- Health cost savings

“Been brilliant! If it hadn't been for the service I wouldn't be here now, I would still be curled up on the couch with a blanket over my head. You have showed me there is still a world out there”

Health & Wellbeing Coaching Pilot – Cumbria annual report



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ACTION

