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Currently, we have two Health & Wellbeing Coaches for Retford and Villages: **Lauren and Thalia**.

Lauren's background is within the field of psychology and is suited to support patients with their mental health and wellbeing.

Thalia's background is within the holistic health service which enables the patient to return to health with an understanding of factors in their life that led them to ill health in the first place, looking at the patient as an individual, and their health in relation to their past, present and life as a whole.

Typically, we offer weekly, bi-weekly, or monthly support over 6 sessions to discuss what matters most to you. Through a personalised approach we will increase motivation, work through goals, and introduce healthy behaviors to develop your skills which will enable you to feel confident to take control of your own health.

During the initial assessment and final review, we will complete a health assessment to track progress. Additionally, the health questionnaire will identify several talking points which can be brought to future sessions.

Health & Wellbeing Coaching

WE ARE HERE TO SUPPORT YOU WITH...

- Management of Long-Term Conditions
- Increasing activity levels
- Weight management / Diet
- Mental health
- Reducing stress / low mood

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
- Developing your knowledge, skills, and confidence to become an advocate for your own health care.
- Facilitating healthy and sustainable behaviour change through education and resources
- Setting achievable goals around what's important to **you**
- Referring and signposting to local community groups / specialist services

THE EVIDENCE

- Better management of chronic long-term conditions
- Improved positivity, lifestyle, self-care, symptoms, work and other activities, and relationships (Wellbeing Star)
- Overall health improved 28% (EQ-5D-5L)
- Improved patient satisfaction and quality of life

*"My Health Coach helped to **boost my confidence** and my independence so that I've been able to drive a car once again. I have not driven for over three years. I'm quite **proud of myself** for doing that."*

*"I found my Coach to be **very empathetic** to my issues and a **very good listener**. He was knowledgeable and gave me lots of encouragement as I progressed"*

*"My Health Coach was great. Very professional, **caring, helpful, encouraging** and good at helping me see problems from a new angle. I felt like they **helped me make a lot of progress**. Perhaps you need to clone them!"*



Bassetlaw



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