

Borough Green Medical Practice August 2024



Health and Wellbeing Coaches

Health and Wellbeing Coaches (HWBC) support people aged 18 and over to increase their ability to self-manage, motivation levels and commitment to change their lifestyle. They are experts in behaviour change and focus on improving health related outcomes by working with people to set personalised goals and change their behaviours. They work with people with physical and/or mental health conditions and those at risk of developing them in an individual or group setting.

The HWBC can provide up to 6 sessions of coaching support during this time.

The HWBC can support people to improve their Physical Activity Levels, Diet and Eating Habits, Sleep Hygiene, Long Term Condition Management and General Wellbeing. They are unable to support patient's whose main concern is Alcohol Consumption, Smoking Cessation or Higher Level Mental Health.

HWBC can be an effective intervention for people experiencing a range of conditions. Working with a HWBC allows you to have a voice in the development of your support, it places you in the driving seat to take control of your health/issue. Using techniques such as Motivational Interviewing, the HWBC will facilitate an environment where the patient is able to build resilience and

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accountability, and feel comfortable to think and speak freely. Information is given rather than advice where appropriate, with the aim of placing the task of problem solving on the patient, rather than the HWBC.

Referrals to this service can be made via your GP or by visiting the HWBC's website, where you can self-refer, at www.sevenoakspcn.gpweb.org.uk/services.

If you have any questions about this service, please contact the Health and Wellbeing Coaches via kmicb.7oakspcnhwbc@nhs.net

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