

Social Prescribing and Health & Wellbeing Coaching



What is Social Prescribing?

Sometimes we may struggle in our day to day lives but clinical support or prescriptions are not always the answer to our problems.



A social prescriber is someone who is there to provide a helping hand, to refer or signpost you to the correct services and provide support that will be of benefit to you in helping to improve your overall wellbeing, no matter how big or small the issues you are facing.

What is Health & Wellbeing Coaching?

Health & Wellbeing Coaching is a service offered to help create lasting change to improve a person's well-being and overall health.

It is a series of sessions designed to help you work through goals and develop the skills needed to take control of your own health.

Health & Wellbeing Coaching is not about giving advice on how to improve your health.

You may have already received advice on how to make healthy changes in your life. You may already know what changes to make but circumstances make these difficult to start or keep up.

That's where health & wellbeing coaching comes in. It helps increase motivation, introduce healthy behaviours, and develop ways of living a healthier life in a way that works for you.



Surgeries we cover:



Nuneaton North

- * Arbury Medical Centre
- * Manor Court Surgery
- * Chapel End Surgery
- * Stockingford Medical Centre
- * The Grange Medical Centre

Nuneaton South

- * Chaucers Surgery
- * Queens Road Surgery
- * Old Mill Surgery
- * Red Roofs Surgery
- * Riversley Road Surgery

Bedworth & Bulkington

- * Rugby Road Surgery
- * Bedworth Health Centre
- * The Old Cole House
- * Bulkington Surgery
- * Woodlands Surgery

You are eligible if you are:



- Over the age of 18
- In need of some support, guidance and encouragement to improve your mental or physical health and wellbeing
- Registered at one of the GP practices listed overleaf



“Receiving support from a Social Prescriber has helped me so much with re-connecting with others and encourages me to get out the house. I no longer feel isolated and lonely”

“My Health and Wellbeing Coach has set goals for me to improve my diet and obtain a healthier lifestyle. I exercise more and feel happier within my own skin”

Examples of what a Social Prescriber can help you with



Community Groups



Housing/
Homelessness



Finances/Debt



Equipment / housing
adaptations



Managing a long term
health condition



Employment /
volunteering



Victim of abuse



Substance Misuse



Carers support



Bereavement
support



Reducing Stress/
Anxiety



Reducing Loneliness/
Isolation



Transport



Food Poverty



Adult Social Care



Dementia Support
Groups



Benefits



Mental Health

How does it work?

A Social Prescriber or Health and Wellbeing Coach will be allocated your referral and make initial contact with you to discuss your needs or goals and create a plan to assist with what matters to you. They will refer or signpost you to services that will help you along your journey and support you on the way.

You will then receive follow-up appointments so they can check on your progress and adapt your plan as your journey progresses.

How to be referred?

You can ask any member of your GP practice team to send a referral for Social prescribing or Health and Well being Coaching.

Services available to you...



Examples of what a Health & Wellbeing Coach can help you with



Improving Mobility



Healthier Diet



High Body Weight



Reducing Low
Mood



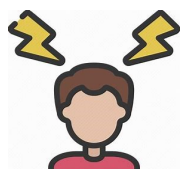
Reducing Loneli-
ness/Isolation



Improving Lifestyle



Improving
Motivation



Reducing
Stress/ Anxiety



Managing a long term
health condition



Physical Activity



Stop Smoking