

## WHAT OUR PATIENTS SAY ABOUT US...



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

"You've made my day and now I have something to look forward to. Makes life worthwhile"

"I am really appreciative of your support, it has made me feel really hopeful about things and getting back to feeling like myself."



"I can't express how grateful I am to you for helping me achieve a better life, I didn't think it would be possible after being closed off from the world for so long. Your help and kindness gave me hope and encouraged me to do things I thought were not possible. For the first time in my life, I am genuinely happy and looking forward to the future and it wouldn't have been possible without you."



"I am very thankful for the support that you have put in place for me. I am feeling excited to improve my quality of life, I am in a much better place than I was when you came to see me last year and it is all because of you"

"Receiving support from a Social Prescriber has helped me so much with reconnecting with others and encourages me to get out the house. I no longer feel isolated and lonely"

## SURGERIES WE COVER :



- ✓ **Arbury Medical Centre**
- ✓ **Manor Court Surgery**
- ✓ **Chapel End Surgery**
- ✓ **The Grange Medical Centre**
- ✓ **Bedworth Health Centre**
- ✓ **Queens Road Surgery**
- ✓ **Old Mill Surgery**
- ✓ **Red Roofs Surgery**
- ✓ **Riversley Road Surgery**
- ✓ **The Old Cole House**
- ✓ **Bulkington Surgery**



SOCIAL PRESCRIBING

## SOCIAL PRESCRIBING & HEALTH AND 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 by understanding what matters most to you.

They will connect you to the right local community groups and services who will 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?



People often have already received advice on how to make healthy changes in their life. They already know what changes to make but circumstances make these changes difficult to start or keep up.

That's where Health and Wellbeing Coaching comes in. Health & Wellbeing Coaching is a service offered to help create lasting change to improve a persons well-being and over-all health.

It is a series of person centered sessions designed to help you work through goals and develop the skills needed to take control of your own health. It helps increase motivation and develop a healthier way of living life in a way that works for you.

## WHAT CAN A SOCIAL PRESCRIBER 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 CAN YOU GET SUPPORT?

### 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 connect you to services that will help you along your journey and support you on the way. They will check in with you to ensure the support is right for you 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.

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

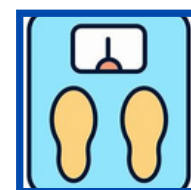
## WHAT CAN A HEALTH & WELLBEING COACH HELP YOU WITH?



Improving Mobility



Healthier Diet



High Body Weight



Reducing Low  
Mood



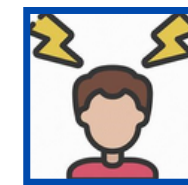
Reducing Loneliness/  
Isolation



Improving  
Lifestyle



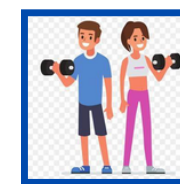
Improving  
Motivation



Reducing Stress/  
Anxiety



Managing a long term  
health condition



Physical Activity



Stop Smoking

