Coaching Aims

Our aim, as Health & Wellbeing Coaches, is to help people to gain and use the knowledge, confidence and skills to become active participants in their own care so that they can reach their own, unique, self-identified healthcare goals.

Client Comments

- *"It was really good to have the health coach checking in and encouraging me to keep going with my goals. She helped me to see where I was making progress with my health."*
- *"It was helpful to talk to someone completely neutral and non-judgemental."*
- *"Can't thank [the coach] enough. She has been amazing, unlike other weight programs, I've been on I've been made to feel good about myself and not made to feel ashamed I'm overweight. Would highly recommend this service - so helpful and made easier to understand what I need to do and what works for me. Thanks again. The service you provide is amazing."*

Useful contacts:

Better Health: **https://www.nhs.uk/better-health/**
Healthy Cornwall: **01209 615 600**
Diabetes Prevention:

- Thrive Tribe (Cornwall): **0161 605 6616**
- Westbank (Devon): **01392 824 752**
- Heathier You: **0333 577 3010**

COAST&COUNTRY
PRIMARY CARE NETWORK

Health & Wellbeing Coaches

MANAGING LONG-TERM HEALTH CONDITIONS, HEALTHIER DIET, MORE ACTIVE LIFESTYLE, MANAGING STRESS, ANXIETY & MOOD…
…whatever's important to you!

Need a little help to stay on track?

Who are we?

COAST&COUNTRY
PRIMARY CARE NETWORK

We are a team of 3 coaches. Helen Jackson, a fully trained NHS Health and Wellbeing Coach with over 18 years of NHS experience, started the service with Coast and Country Primary Care Network in 2020. Sandra Dumas and Marleigh Love joined the team in August 2023 and bring with them a wealth of experience in health coaching, diabetes prevention, holistic therapies, pain management and wellbeing.

We can offer coaching to:

- any patient who has a long-term health condition (LTC): diabetes, COPD, fibromyalgia, chronic fatigue, depression, anxiety, for example.
- any patient registered at Bradworthy Surgery, Hatherleigh Medical Centre, Holsworthy Medical Centre, Neetside Surgery and Stratton Medical Centre. I hold clinics at each of these centres.
- people wanting to stop smoking

We don't usually work with:

- anyone under 18 years old
- anyone who is receiving active cancer treatment
- anyone who has a diagnosis of dementia
- anyone who is already being cared for by the community mental health service

You can be referred to us by your GP, nurse or any other member of the clinical team. Alternatively, you can contact us through your own surgery first. We are happy to consider appointment requests that comes via the individual Patient Services Teams. You may be asked to leave a few brief details so we can get back to you. This is confidential information.

My Appointments

First Session

A coach's role is to listen carefully and non-judgmentally to what matters to each individual, what motivates them, and to support them to take action towards their own goals. The appointments can be by telephone, or by face-to-face appointments at a surgery.

Follow Up

Typically, people will have 6-8 Sessions, each up to 45 minutes in duration. They can be spaced out to suit the needs of each person. As the sessions focus on whatever is most important at that time, the agenda and goals may change. The final session will also explore whether there are any next-steps that your practice can support you with.

Some common Goals

Every person decides on their own goals, but some common ones are: learning more about a health condition and ways to self-manage; losing weight; improving fitness; improving blood pressure; improving sleep quality; improving social connections; stopping smoking.