

## **Burwell Surgery Patient Participation Group (PPG)**

### **Health and Wellbeing Coaching**

At January's PPG meeting our guest speaker was one of three Health and Wellbeing Coaches who work across a number of surgeries, including Burwell. Health and wellbeing coaches are non-clinical team members who help patients make lasting lifestyle changes. The PPG thought it would be helpful to share some more information about this really valuable service.

#### *Who is it for?*

Health and wellbeing coaching is FREE for any eligible patient over 18 years old who is registered at the Surgery.

#### *Why do people need a Health and Wellbeing Coach?*

Change is tough. People know they should eat well, exercise, sleep better and manage stress, but obstacles—whether practical or mental—get in the way. Coaching helps identify these barriers and find ways to overcome them.

#### *What kind of things might a Health and Wellbeing Coach help with?*

The sorts of things people often talk about include:

- lifestyle changes they would like to make – e.g. losing weight, getting more active, improving sleep
- managing physical and mental health conditions which affect wellbeing, e.g. diabetes, high blood pressure, chronic pain, ME, anxiety and depression amongst others
- balancing competing demands of life
- managing stress and developing positive coping strategies.

#### *When and where does it happen?*

Coaching is done on the telephone, virtually (via a video platform), or in-person at the surgery (Wednesdays). It normally involves 6 sessions of up to 45 minutes, but it's flexible - some people need more sessions and other people might need fewer sessions.

#### *What happens during a coaching session?*

Coaches ask questions, listen and help create a plan to reach a patient's goals. Each session ends with small action steps chosen by the patient. Instead of giving instructions, coaches offer support, highlight strengths, and guide patients to helpful resources.

#### *How do I get referred?*

If your GP, one of the nurses or the pharmacy team think you would benefit from this service they may recommend a referral. In addition to speaking to the Surgery about this service directly, you can also do a self-referral to the FREE Healthy Lifestyles Service run by Healthy You across Cambridgeshire at <https://healthyyou.org.uk> (click on Healthy Lifestyles to find out more and then Self-Referral).

#### *Next PPG meeting – all welcome – why not join us online if you can't make it in person!*

The next two meetings of the PPG will be at 6.30pm on Tuesday 15<sup>th</sup> April and Tuesday 15<sup>th</sup> July at Burwell Day Centre – all welcome. If you would like to attend the PPG for the first time, or if you can't attend in person but can join via Microsoft Teams, then please contact [cpicb.burwellsurgery.admin@nhs.net](mailto:cpicb.burwellsurgery.admin@nhs.net)