

Connecting you locally

An important role of Health Coaches is to know what is available locally, such as:

- Support for healthy lifestyles and active lives
- Arts, music, outdoors and creativity
- Befriending, counselling and other support groups
- Housing, benefits and financial support and advice
- Employment, training and volunteering
- Education and learning
- Local groups and activities
- Specialist services and support

Please note that due to Coronavirus, some services and local activities may be reduced or socially distanced.

Bruton Surgery (Symphony Healthcare Services)

Contacting our Health Coaches

If you would like to speak with a Health Coach to explore how they can help you improve your health and sense of wellness, please contact us on:

01749 812310

or make a request via AskMyGP



All contacts are initially made by telephone. If necessary, a face to face appointment will be arranged by video consultations. Due to continuing Coronavirus precautions we are currently reducing face to face contact unless clinically necessary for the protection of our patients, staff and community.

Thank you for your understanding and co-operation.

Bruton Surgery (Symphony Healthcare Services)



Bruton Surgery

Introducing Our Health Coach Team

The Bruton Surgery
Patwell Lane
Bruton
Somerset
BA10 0EG

01749 812310

www.brutonsurgery.nhs.uk

May 2021

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What is a Health Coach?

A Health Coach will help you gain the knowledge, skills and confidence to improve your health and well-being.

Nobody knows you better than you know yourself and we believe everyone is capable of making positive changes in their lives.

Together we will ...

- Explore what is important for your life and wellbeing
- Identify the local activities and services you can benefit from
- Gain support and encouragement to start using services that can help you

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A Health Coach does not...

- Tell you what to do or make decisions for you
- Give a diagnosis for a medical concern
- Prescribe you medication or give you medical advice

A Health Coach does...

- Listen to you
- Try to understand the whole picture of your health and wellbeing
- Allow you to lead your own lifestyle changes and make decisions
- Work alongside you
- Offer guidance and support to help you achieve your goals

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A Health Coach is someone who...

- You can talk to confidentially
- Is practical and helpful, and who will not judge you
- Can help you decide what you would like to do to feel healthier
- Can find activities that will suit you and, if you want, can go along with you to them to start with so that you don't have to go on your own (*subject to Coronavirus restrictions*)
- Can give you support along the way



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