

Kate's story

Kate is 39 years old, lives in Somerset, a busy mum of two, and works part time as a cleaner. Kate felt that maintaining, balancing life and work as a single mum, was difficult to manage. She is prediabetic, has an under active thyroid and depressive disorder. Her BMI was over 35 (categorised as severely obese).

Kate decided to engage with a Health Coach after hearing about the service through her GP Practice. She had made the first positive step towards starting her journey to improve her health.

"My health coach listened to me and guided me for the first 12 weeks of my weight lost journey. I knew, it was only the beginning, but I felt motivated, and I wanted to achieve more to keep myself healthy and to be role model for my children."

Kate's self-identified goal

Kate wanted to eat healthy, be more active and be a healthier role model to her family.

How did the health coach support Kate?

During a session Kate and her health coach explored what mattered most to her. It was suggested that Kate create an action plan. This would help her to better manage her day-to-day tasks. Kate was shown NHS resources and apps that could help her and it was discussed how the positive changes could improve her health and wellness. Multiple sessions of coaching provided motivation and focus.

What did Kate do?

Using the suggested information and guidance, Kate introduced small changes in her diet every week. She discovered that she could prepare tasty and healthy meals in a short period of time and in her budget. She ate less unhealthy snacks which she had eaten every day instead of her breakfast. Every evening she prepared a healthy breakfast for the day ahead. This enabled Kate to always have breakfast in the morning, which filled her up.

Kate became more active by increasing her walks in the local park with her friend three times a week, while her children spent time with their grandparents.

Kate's achievements

Kate felt more in control and relaxed, her mood improved, she had time for herself and she finally started to lose some weight. The small changes made this more sustainable long term.

Contact details

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Neighbourhood Health Coaching Team

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Patient information

outstanding care
listening and leading
working together

Neighbourhood health coaching team

This leaflet will explain what the Neighbourhood Health Coaching Team do and the benefits of you talking to a health coach.

What is a health coach?

A health coach can help you to gain the knowledge, skills, tools and confidence to take responsibility of your lifestyle choices and provide personalised care. They use broad knowledge of health and wellness to help you navigate a variety of health concerns and empower you to take part and be an active participant in your care and behaviour change.

The Neighbourhood Health Coaching team currently cover the Taunton and Wellington area. Each doctor's surgery has a health coach coordinator.

What are the benefits of a health coach?

Health coaches will spend time with you discussing your health and lifestyle. By listening to what really matters most to you the team will help you to identify realistic health goals and develop your confidence so you can successfully manage your own health and wellness.

Self-management of your health conditions will improve your physical and mental health and reduce your risk of developing long-term health conditions in the future.

Why should I see a health coach?

You feel you are ready to make healthy lifestyle changes but don't know where to start.

What can I talk to a health coach about?

You may want to talk to your health coach about a range of subjects connected to your health goals including:

- weight management
- moving more
- stopping smoking
- drinking less alcohol
- improving your mood
- getting out and about

How can a health coach help me?

Health coaches provide a trusting, supportive environment to discuss the reasons behind a change and any perceived barriers.

They will help you make changes in your daily routine by:

- motivating and empowering you to identify achievable and realistic goals
- help you find relevant information
- provide interventions specifically for your needs
- find local peer-support

How soon can I see a health coach?

A health coach will contact you within one week of receiving your referral.

You can expect your first coaching session to be delivered within four weeks of receiving your referral.

What can I expect?

You will receive up to six health coaching sessions, each session is 30 minutes.

One to one coaching sessions can be by video call, telephone, or face to face within a community setting, for example, a local library, community centre, leisure centre or a walk in the park, whichever makes you feel at ease.