

What Happens Next?

Once you have either contacted or been referred to the Health Coaching Team, they will contact you to arrange a meeting. This will usually be via email.

During the first appointment, they will introduce themselves and use the time to find out some information about you. The focus will be on the topics that you want to discuss.

After this, you will be offered a further 5 sessions designed to support you in working towards your self-identified lifestyle goals. The 6th session will involve a progress review, at which point you will be given the opportunity to opt in to further sessions, if you feel they would be beneficial.

Despite the pandemic, this service is fully accessible and is provided via telephone or video call, depending on your preference.

Please know that we are here for you, and everyone at the surgery wants the best for you.

