Southam Surgery

St Wulfstan Surgery

Fenny Compton Surgery

Harbury Surgery

Vale of the Red Horse Health Care Centres



**What do all these have in common?**

These are some of the most common health problems that patients referred to the PCN’s **Health & Wellbeing Coaching Service** have sought to address this year. In our first year, we have accumulated dozens of successful stories and case studies that reflect the great potential of Coaching for the PCN.

Additional training also means **Mental Health First Aid** is now a part of the service on offer with many referrals relating to emotional health, anxiety, stress and low mood continually coming through for coaching. This means many patients have been working through some aspects of their mental health whilst on the IAPT’s waiting list, and others have opted for coaching where they feel counselling or psychological support is not quite what they are looking for. As the PCN’s first coach in post, Ludmila has enjoyed a first year with a varied and enriching experience with the patients. As always, the main criteria for referrals to coaching is patient interest to engage with the management of their own health. All patients interested in making lifestyle changes to impact their health are welcome.

**High blood pressure, difficult-to-control diabetes, altered lipids** and other **cardiovascular markers, weight management** and **chronic pain** are some of the most common problems patients have sought to address with lifestyle changes supported by the **free** PCN coaching service.

Referrals are easy: speak to your GP or ask any other member of staff within your surgery to signpost you to the **PCN Health Coach**. This is a patient-centred service which offers flexibility and a highly personalised approach. We look forward to welcoming more patients onboard as our PCN is growing and another full-time coach is also starting in April.

Coach contact details:

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