

Who are we?



We are a team of two coaches. Helen Jackson, a trained NHS Health and Wellbeing Coach with over 18 years of NHS experience, started the service with Coast and Country Primary Care Network in 2020. Marleigh Love joined the team in August 2023 and brings with her a wealth of experience in health coaching, diabetes prevention, holistic therapies, pain management and wellbeing.

We can offer coaching to:

- any patient who has a long-term health condition (LTC): diabetes, COPD, fibromyalgia, chronic fatigue, depression, anxiety, for example.
- any patient registered at Bradworthy or Neetside Surgery, Hatherleigh, Holsworthy or Stratton Medical Centre. We hold clinics at each of these centres.
- people wanting to stop smoking.

We don't usually work with:

- anyone under 18 years old
- anyone who is receiving active cancer treatment
- anyone who has a diagnosis of dementia
- anyone who is already being cared for by the community mental health service

You can be referred to us by your GP, nurse or any other member of the clinical team. Alternatively, you can self-refer by contacting your own surgery or by emailing us at:

d-icb.pcnwellbeing@nhs.net

My Appointments

First Session



A coach's role is to listen carefully and non-judgmentally to what matters to each individual, what motivates them, and to support them to take action towards their own goals. The appointments can be by telephone, or by face-to-face appointments at a surgery.

Follow Up



Typically, people will have 6-8 Sessions, each up to 45 minutes in duration. They can be spaced out to suit the needs of each person. As the sessions focus on whatever is most important at that time, the agenda and goals may change. The final session will also explore whether there are any next-steps that your practice can support you with.

Some Common Goals



Every person decides on their own goals, but some common ones are: learning more about a health condition and ways to self-manage; losing weight; improving fitness; improving blood pressure; improving sleep quality; improving social connections; stopping smoking.