

LIFT is a community service partnership between the NHS Berkeley Vale Primary Care Network and GL11 Community Hub.

We provide a free health coaching service to adults served by Dursley, Cam & Uley, Wotton Under Edge & Berkeley surgeries.

Referral is only through a GP, Surgery Nurse or Social Prescriber.

If you have any queries while waiting for an assessment or appointment, or while you are having health coaching, please contact;

GL11 Community Hub

Phone: 01453 703605/01453

Email: liftcounselling@gl11.org.uk



LIFT Health Coaching



Groups and one-to-one sessions to help you manage your health.

A service for the patients of the Berkeley Vale Primary Care Network surgeries.

Talking things through with a professional can help.

Support for those living with long-term physical health conditions.

Support for living with long-term conditions ...

Long-term physical conditions such as chronic pain and fatigue, or life changes such as the menopause, can be limiting and cause great distress.

We are offering a series of **six** supportive group sessions of an hour and a half with our GL11 Health Coaches. You can meet others and gain support while exploring ways of managing your health and finding ways to better living.

We can also offer a series of three one-to-one sessions for individual exploration of difficulties.

LIF is linked to other sources of support, such as the **GL11 Counselling Service** or **Social Prescribers**.

How it works...

A GP, surgery nurse or Social Prescriber will talk with you to see if you feel Health Coaching is something that may help. If you agree, you will be placed on our list.

A Health Coach will telephone for a half-hour assessment session to find out the problems and talk through with you how group or one-to-one sessions may help.

If you wish to go ahead you will be placed on our waiting list until a suitable group or one-to-one sessions become available.

Usually group and one-to-one sessions are at **GL11 Community Hub** but we have some availability in **Wotton-under-Edge**. Do please let us know if you have any accessibility concerns.

If you choose to join a group, you will be told the name of your Health Coach, information on the course and date of the six group sessions.

When one-to-one slots come up, the Health Coach or Service Administrator will contact you to arrange a suitable time and venue. Your one-to-one sessions will last about 50 minutes.

During your coaching...

Please try to arrive on time as we have no waiting area. We cannot look after children or pets.

At your first one-to-one or group session, the Health Coach will discuss confidentiality, practical arrangements and what we ask you to commit to during the sessions.

If you cannot attend a session for any reason, or are going on holiday, please let us know as soon as possible.

If you have any further questions relating to your sessions, please feel free to talk to your Health Coach about them, or contact the Service Administrator.