

Health and Wellbeing Coaches.

Who are we?

We are a team of staff covering the county, who are all trained to offer support and guidance through coaching.

Who do we work with?

Anyone over the age of 16, who want to make positive changes to their life. We come to your home or a place that you are happy with and can support you and your family. Most of the people we work with have faced a period of crisis, or have multiple issues that they need to understand and work through.

What do we do?

Our overall purpose is to improve your overall health and wellbeing.

In order to do this, we want to get to know you and what works for you. What are your aspirations and goals? We also want to understand the barriers to achieving these, and the support you draw upon from your personal resources and resources around you. We encourage and coach you to;

- Take action on factors that influence your health and wellbeing – including your lifestyle, relationships, interests and home life.
- Become more independent and resilient.
- Engage with your local communities and social networks

Is there a time limit?

We take as long as is needed - this can be weeks or months. All we ask is that you meet us on a regular basis and remain committed to making changes

How can you contact us?

We don't have a referral form, so you (or your personal advisor or appropriate adult) can contact us by making a phone call to our Single Point of Access (SPA) team, and ask to speak to the duty HAWC.

South Lakes/Barrow - 0300 303 2704

Copeland/Allerdale - 0300 303 3589

Eden/Carlisle - 0300 303 3249

What can you expect from us?

Our first conversation will be to get some basic information such as - what you would like to change and what are your goals, who is already involved in your life, what support is already in place, how ready you feel to make those changes and what could we do to help?

The next step is for us to meet you, either alone or with your personal advisor or appropriate adult, to understand more about your current situation and where you see things going. This will always be at a place that suits you. The rest will be developed as we get to know each other.

What do we expect from you?

That you engage with us, and commit to making the changes you have identified.