

Thank you for reading our newsletter. This month we highlight supporting patients who have long-term health conditions, and the valuable work from Mairi.

Mairi, Health and Wellbeing Coach and SPLW

“I’ve been working with patients with long term health conditions for over a year and in January I completed **training** to become a Health and Wellbeing coach. The training gave me the knowledge and confidence to have effective conversations about diet and exercise in a **person centred way**, and some interesting perspectives on **healthy living for long term** conditions, particularly for those living with **persistent pain**.”

Health coaching helps people to make **positive improvements** to their overall health and wellbeing. The focus is on **lifestyle improvements** such as **diet** and **physical activity**, as well as addressing **stress, motivation** and **low mood**. The intervention aims to help people to manage their long term conditions by implementing **healthy, sustainable habits**.

Most of my referrals so far have come through the weight management group consultations. I particularly welcome self referrals as this shows the person is already activated towards making a change. I really enjoy working as a Health Coach. Helping someone to figure out what isn’t currently working for them and **breaking down barriers** to change together is incredibly rewarding.”

Evaluations show that **health coaching** can produce positive effects on:

- Adoption of healthy behaviours, improving physical activity, weight management, body mass index (BMI), blood glucose levels (HBA1c) and dietary fat
- People’s motivation to self-manage, patient activation and self-efficacy
- Patient satisfaction and quality of life

Source: [NHS England » Workforce development framework for health and wellbeing coaches](#)
 Extra reading: [What is the evidence?](#)



* Reading for Wellbeing Update *

Please note the 3 reading groups continue to be hosted at Wallsend Health Centre every month, and have space for new attendees.

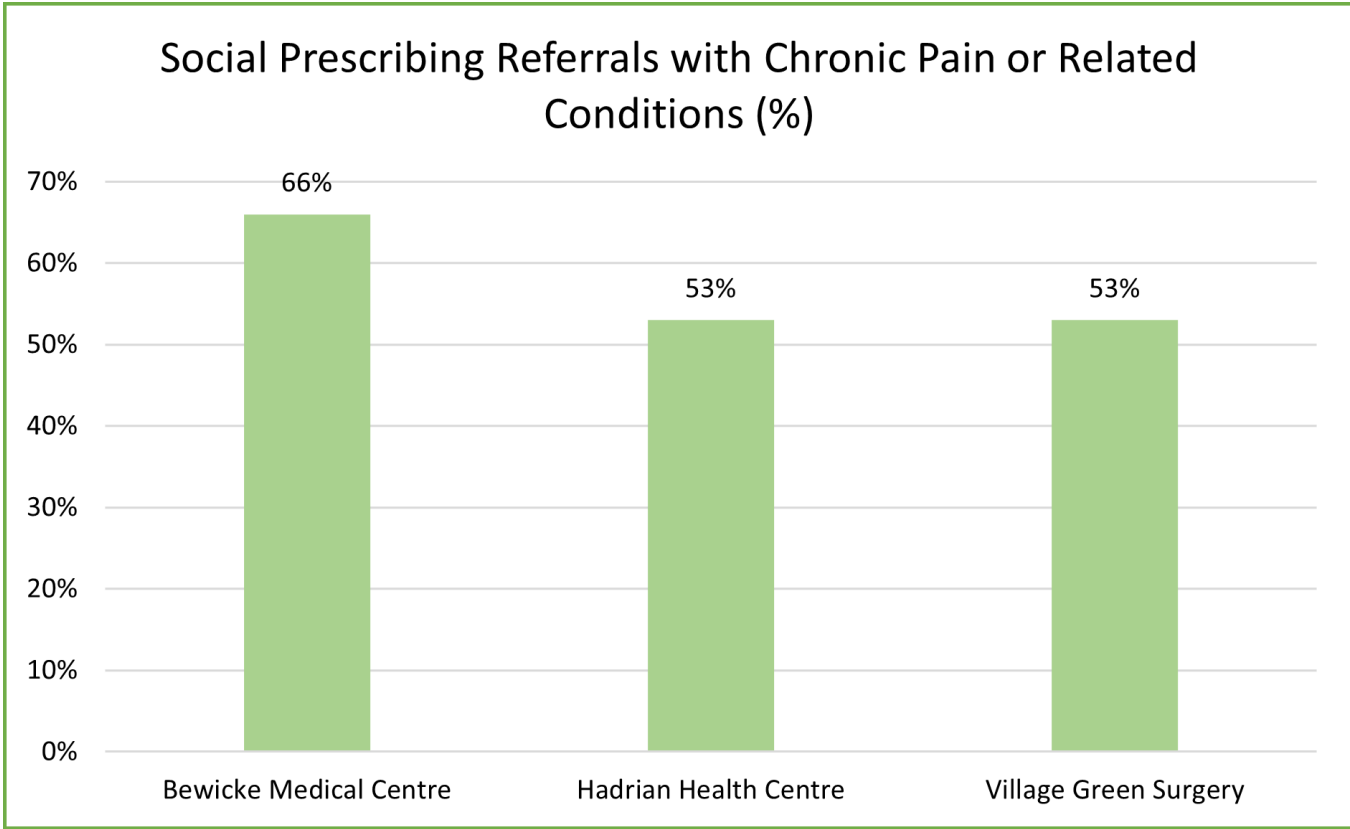
Task social prescribers to book patients on.



Following on from the health coaching information, this month we explored related data by searching for patients referred in the last 12 months who are coded with chronic pain and associated conditions*.

The graph below shows that **over half of social prescribing referrals are impacted by chronic pain.**

This demonstrates a significant level of need and the importance of having Mairi’s health coaching skills within the team to provide personalised, holistic support and help patients better manage their conditions.



It’s also important to recognise that patients are often not referred solely for pain—pain may be a contributing factor, consequence, or barrier alongside wider social or practical challenges.

This reinforces the value of social prescribing in addressing the broader picture. The next slide highlights a case study demonstrating this in practice.

*Conditions included—Ankylosing spondylitis, Chronic osteomyelitis, Complex Regional Pain syndrome, Fibromyalgia, Fibrositis, Periostitis, Rheumatic pain, Rheumatism, Rheumatoid arthritis, Still’s disease



Background:

Patient was struggling with long term health conditions affecting her daily life, including fibromyalgia and POTS. She was also struggling with anxiety and panic. She had isolated herself, often spending days upstairs in her room due to persisting health issues. On exploring this further, her health and wellbeing coach helped her identify this was **50% due to health, and 50% due to mental wellbeing**.

Intervention:

- Started setting goals starting with going downstairs once a week. Identified **negative thinking** around setting goals which was hindering progress.
- Signposted to mental health services.
- Discussed **realistic goals** while working around health conditions. After this, the next step was to aim to get dressed and come downstairs each day.
- As sessions continued she aimed to start going out more.
- Discussed the negative feelings patient had around using a wheelchair in public.



Outcomes:

After 8 sessions, patient had been out to family events and started meeting friends out of the house. She felt for the first time in years that she has some **control** over her own life. She also noticed that the support from her health and wellbeing coach gave her **accountability** to work towards her goals.

When asked what next for her, she replied “everything”.