

Job title	Health & Wellbeing Coach	Department	Wellbeing
Position reports	Wellbeing Manager	Position is responsible for	N/A
Location: GP practices in Severnvale Primary Care Network - Thornbury, St Mary Street Surgery, Almondsbury and Piling. Travel to offices in Patchway or Kingswood with some home working			
Main purpose of job: To support people to take steps to improve the way they manage their health and wellbeing, based on what matters to them.			
Position in Organisational Structure <pre> graph TD H[Head of Health and Wellbeing] --> W[Wellbeing Manager] W --> P[Primary Care Network Manager] W --> C[Health and Wellbeing Coach] P -.- C </pre>			
Length of contract: Fixed term until 31/03/2024		Salary: £25,079 Full time - 37 hours	

Main duties
<ul style="list-style-type: none"> • Provide one-to-one and small group health coaching for people, based on what is important to them, with the aim of improving people's levels of 'activation', empowering people to manage their own health and improve their health outcomes. • Undertake assessment and action planning with individuals around "What Matters to Me". • Manage and prioritise a caseload, based on the needs and priorities of the individuals. • Take an approach that is non-judgemental, based on strong communication and negotiation skills. • Ensure that the Southern Brooks team, local community organisations and local GPs understand the health coach role, how to refer to them, and which people may benefit

- Develop and maintain good relations with practice teams within the Primary Care Network (PCN) and Southern Brooks teams.
- Work as part of the PCN's Mental Health & Wellbeing Team.
- Take referrals from the PCN team, including GP's, nurses, Mental Health Practitioner, Social Prescribing.
- Develop collaborative relationships with health, social care, community, and voluntary sector providers – including internally - to facilitate a 'joined up' approach to patient action plans.
- Maintain accurate records of patients you work with, ensuring these are kept up to date and in line with the organisations Data Protection Regulation policy.
- Participate and collect information that measures the impact of health coaching as an intervention and data required by funders
- Adhere to data protection legislation and data sharing agreements, maintaining confidentiality.
- Participate in regular supervision and continual learning
- Adhere to relevant legislation, good practice and policies and procedures, including Child Protection, Safeguarding Adults, Health and Safety, Confidentiality and Equality and Diversity.
- Explore and support patient access to a personal health budget, where appropriate, for their care and support.
- Provide education and specialist expertise to PCN staff, supporting them to improve their skills and understanding of personalised care, behavioural approaches and ensuring consistency in the follow up of people's goals with MDT input

Last updated: October 2022

Date of next review: October 2023