



Non Clinical Health Coaching and Social Prescription Service for Dorset

Des Persse – *Director of Services*

Supporting people and communities
to live the lives they choose



Support Planning &
Advocacy Service

Home & Garden
Maintenance

Health Coaching

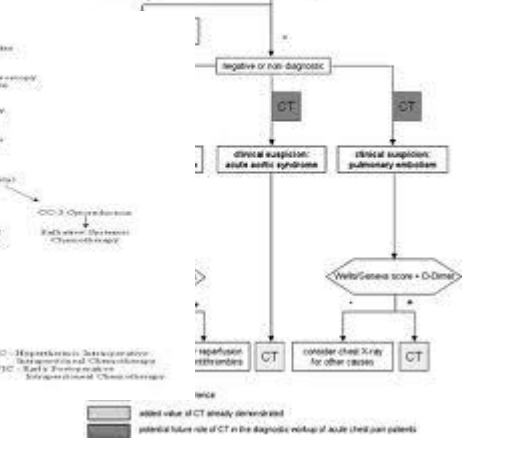
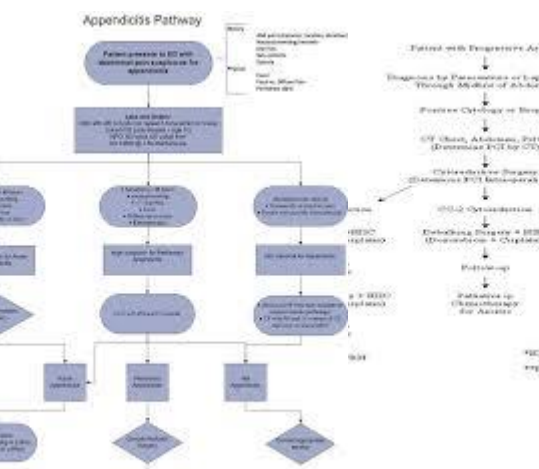
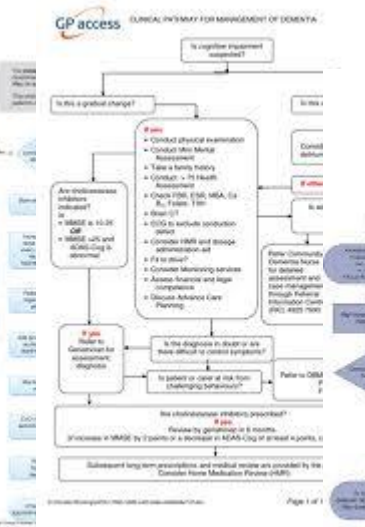
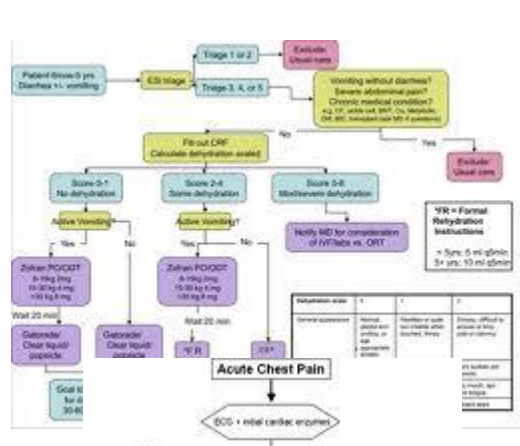
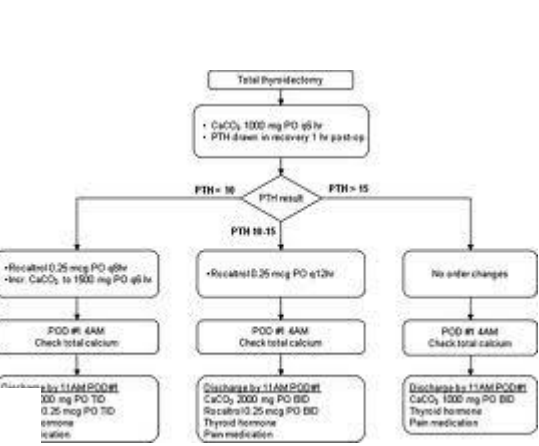
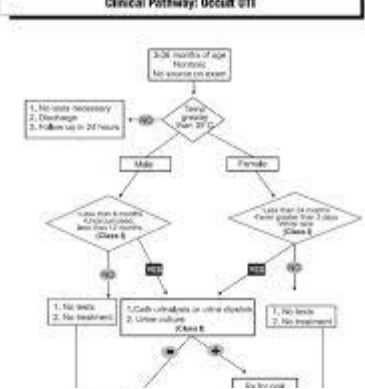
Healthwatch

Information &
Signposting

Community
Development

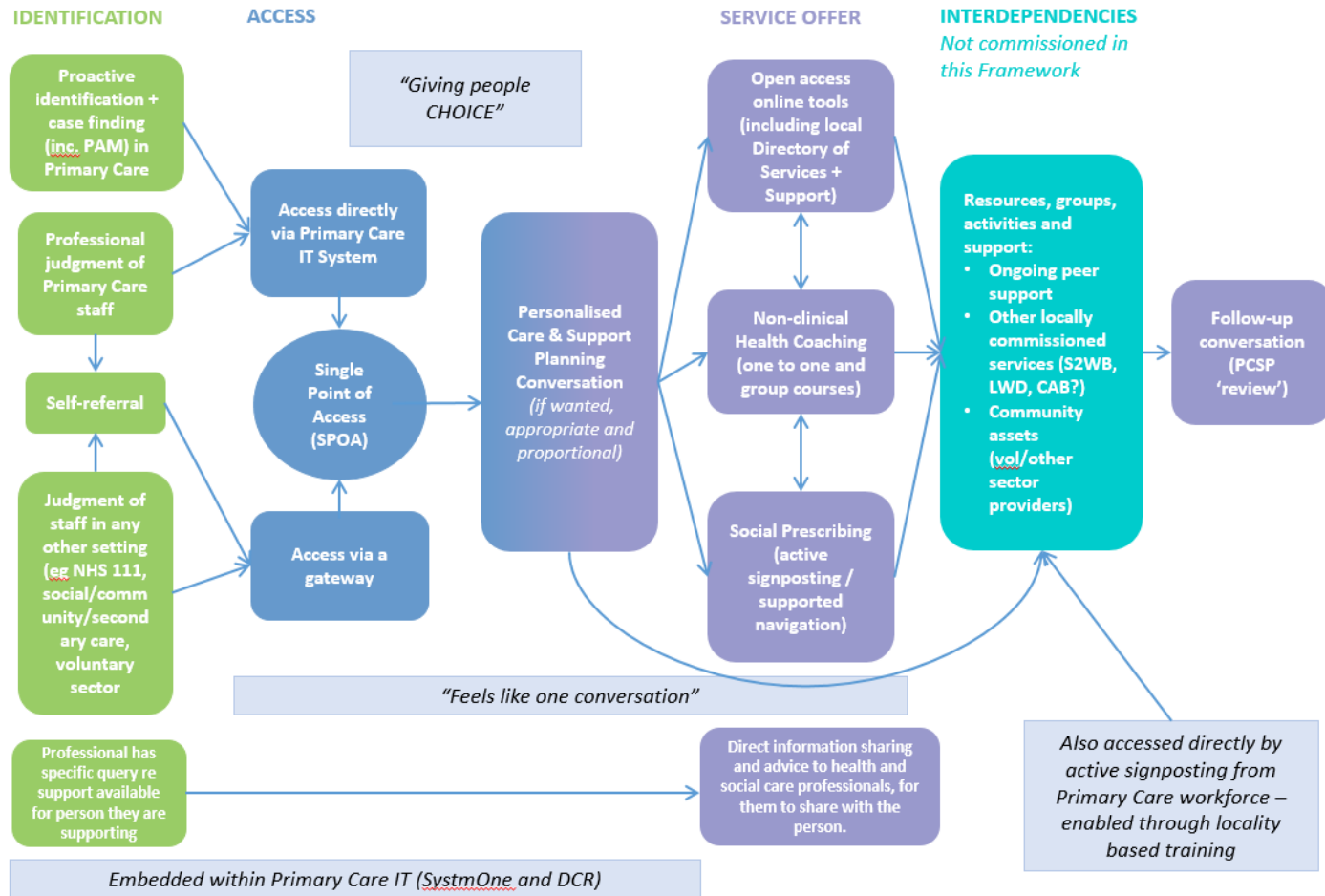
Volunteering

www.helpandcare.org.uk



What do these pathways look like from a person's perspective?

Pathway for non-clinical, personalised care & support planning (PCSP), social prescribing and health coaching for people with long-term conditions and carers



IDENTIFICATION

Within a clinical environment

Optimising professional judgement

Beyond a clinical environment

“I was signposted by a receptionist at my doctors surgery... she talked about the service, she had a leaflet to hand, and said ‘it’s an opportunity for some support’ ... it was really useful”



ACCESS



“... it was about where you are, where you want to be and that next step journey ...”

No wrong door

Collective behaviour change

Scale & reach

Local & National alignment



“It was a process that was done with me, not to me”

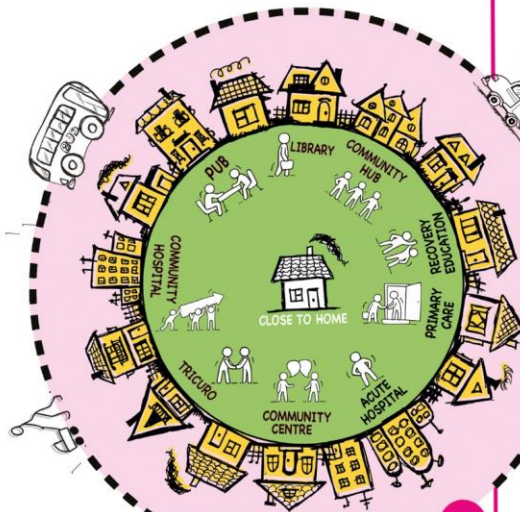
SERVICE OFFER

“... I did not recognise how isolated I had become. I now feel that I can manage myself and my health better... the compassion has been there to help me”

Digital

Health Coaching

Social Prescribing



OUR DORSET



IDENTIFICATION

- Proactive identification + case finding (inc. PAM) in Primary Care
- Professional segment of Primary Care staff
- Referral
- Segment of staff in any other setting (eg NHS 111, social/community/secondary care, voluntary sector)
- Proactive specific queries support available for person they are supporting

"I talked about everything that was going on, and what matters to me. We chatted through what might help and I had time to choose what suited me."

"Whether it's seeing a coach or a link worker, or getting information, I'm supported to feel more confident and part of my community."



"We've just started a coffee morning, and helping out keeps me on track."

"Feels like one conversation"

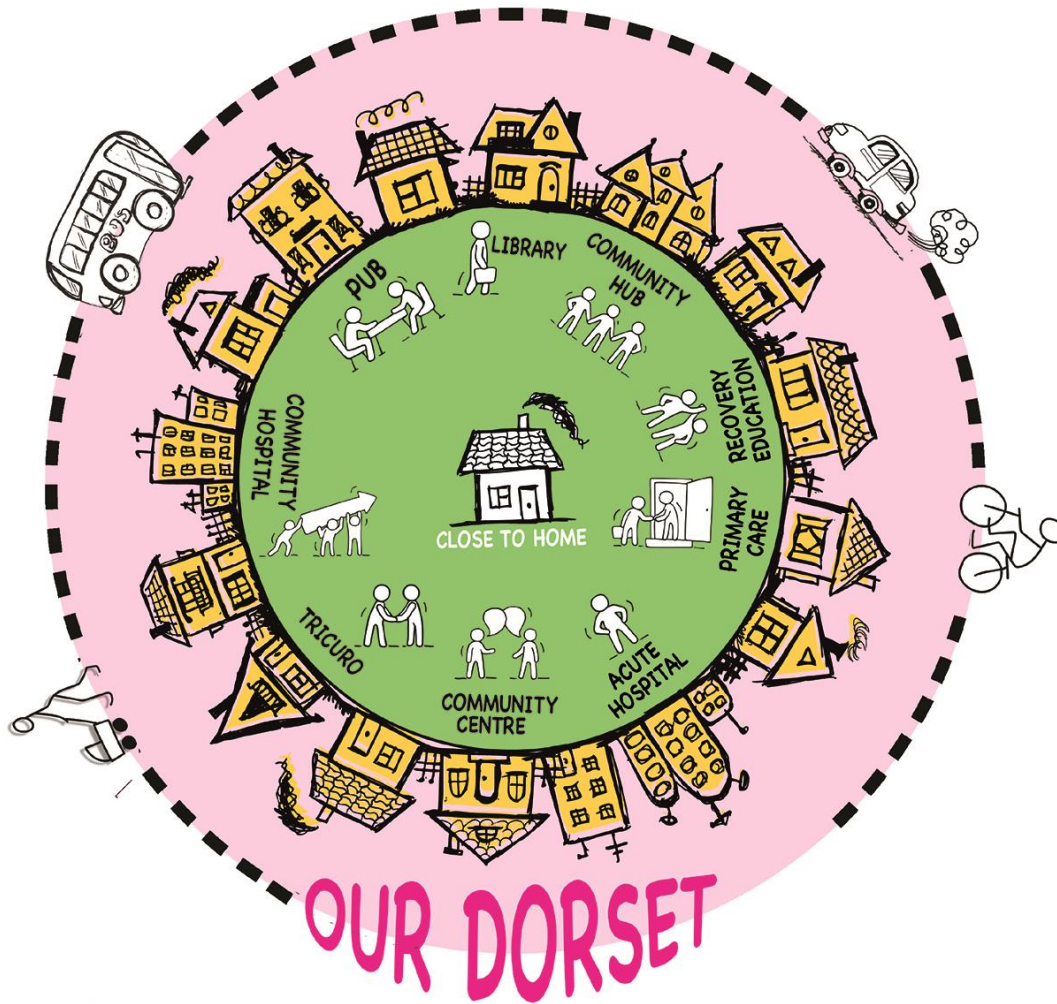
Embedded in Primary Care IT (SystemOne and DCR)



A yellow-bordered box contains four icons: two overlapping circles (one yellow, one black), a black 'U' with a yellow underline, a yellow circle with three black lines radiating upwards, and a yellow equals sign. Below each icon is a label: 'Collaborative', 'Personal', 'Innovative', and 'Social Justice'.

Collaborative Personal Innovative Social Justice







Thank you

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des.persse@helpandcare.org.uk