

Welcome to our December 2024 Newsletter

As the festive season approaches, we hope you all get to have some well-earned rest. **Your contribution is so important, we need you to take care of yourself too.** We have included a bit more this month, including details about the launch of our **2025 Personalised Care Conference** - enjoy!

Every month we will include what's going on at Peak Health Coaching, along with insights we have in the landscape of Personalised Care and, of course, a coaching 'Top Tip'. I've added a Top Tip below, but please send in yours [here](#) and we will include these along with your name for future issues. Please **share this newsletter** with your colleagues who might be interested.

Health Coaching Top Tip

Sustainability needs Community



Those who have attended our PCI accredited 2-day or 4-day Tailored Health Coaching programmes, will be aware that we talk about '3 Cs' in our coaching approach - Connecting, Contracting and Coaching. On our recent 'Working with Groups' training, Jane Roweth, (a practicing Health Coach and one of our Peak Training Associates), noted that in her experience there is a **4th C**. When working with her groups and wanting these to continue beyond the initial planned and facilitated sessions, you need to build **Community** (the 4th C).

We believe well facilitated groups have the power to transform how people look after themselves and offer support to each other. For this to be truly sustainable though, you need to build Community. Some thought about how you might do that, would be good, even at the very start of your work with groups.

If you'd like to think about how you can do this, and hear how others do it, then consider signing up to our next ['Working with Groups' programme](#) in March.

What do you think of this 'top tip'? Have your say about this and/or share your own [here](#).

New Courses and Development Opportunities

At Peak Health Coaching, we want to provide the most engaging and impactful training for colleagues in the Health, Social and Community care sectors. Each month, we will focus on a couple of our relevant training and education programmes for you to consider. **If there is a particular subject area where you would value training, please let us know [here](#).**

Group Supervision (price drop)

We are delighted to be able to offer our **group supervision** for a reduced investment of £360 plus VAT for 6 sessions, or £75 plus VAT for a single session. These are now available for booking via the [website](#).

We hope that offering even better value sessions will encourage more colleagues to be able to participate in this essential aspect of their work.

Coaching Approaches in Pain Management

Can we do better in Pain Management in Primary Care?

As some will know, we have designed a highly interactive online course (2 x half-days) to teach colleagues (be they prescribers or coaches) to develop non-medication approaches to chronic pain management.



Evidence of the benefits of this approach have just been published (see below). **If you and/or your wider team would value training in this challenging area, please visit our [website](#) for our next course dates from January 2025.**

2-day Health Coaching for EVERYONE



Our PCI-Accredited 2-day Tailored Health Coaching is ideal for **EVERYONE** working in the NHS and Social Care system. This is a great starting point for colleagues who are wanting to use coaching skills alongside and within their normal work.

Colleagues who have completed our **Care Co-ordinator course** or other personalised care courses, would also find this programme adds value to the approaches they have already learned. Find out more and book a place [here](#).

Working with Groups

If you missed this in October, our next programme is: **6th and 27th March**

From feedback we expect these places to go fast. To find out more and book your place visit the webpage [here](#).



"Left training feeling encouraged and empowered with lots of ideas"

"Passionate and motivating presenters"

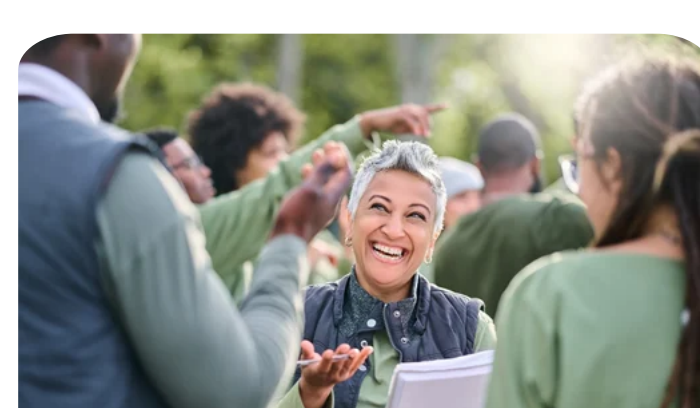
"I cannot recommend these sessions highly enough...encourage engagement and sharing. Huge thank you."

Peak Perspectives



High Quality Evidence to support a Person Centred Approach

We all know how important it is to generate high quality evidence to support person centred approaches. Here are a couple of highlights we picked out from last month:



Social Prescribing

Evidence of impact from tens of thousands of patients from the [National Academy for Social Prescribing](#) showing:

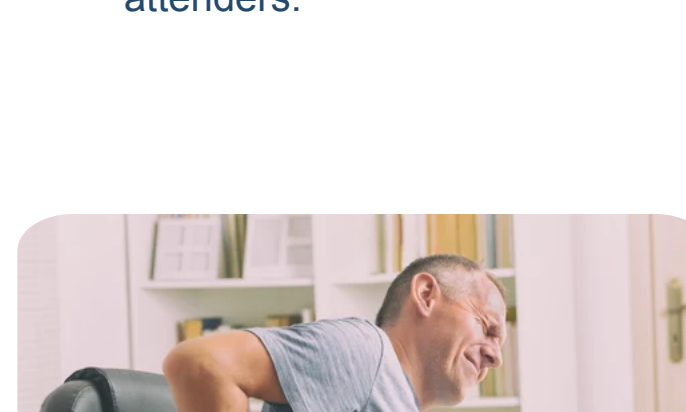
- >40% less GP appointments
- 15-23% less A&E Attendance
- 39% less cost for frequent A&E attenders.

[Access Elemental](#) also produced a report about the impact of Social

Prescribing, top reasons for referrals and the benefits of self-referral.

Coaching in Pain Management

Evidence that our training approach has impact can be seen in a recent publication in the [British Journal of Pain](#).



This describes how a practice in Darlington achieved an **amazing reduction in prescribing in opiates (100%) and gabapentinoids (50%)**. This is alongside a **significant boost to the teams skills and knowledge to support people to self-manage their pain.**

Dates for your Diary

National Conference in Personalised Care, 4th June 2025

(9am - 4.30pm in Central Sheffield)
"Enabling Agency and Wellbeing"

We are delighted to announce our third national conference in personalised care, themed around **'enabling agency and wellbeing'** for colleagues and service users, to be held in-person in the vibrant city of Sheffield, South Yorkshire on Wednesday 4 June 2025.

The event is aimed at those working in personalised care roles such as health and wellbeing coaches (HWBC), care co-ordinators, link workers (SPLWs) and their management as well as being relevant to those in wider workforce health and wellbeing roles. The day will be centred around the new NHS 10-year Plan and the changing landscape of personalised care in England. It will be an important opportunity to connect with others in the field of personalised care and to think collectively about how to support and enable agency and wellbeing among staff and service users in changing times.

As with previous years, we expect places to sell out quickly, so to find out more and book your place visit the website [here](#).

In case you missed it...

Virtual Care Co-ordinator Conference in November 2025

We were delighted to host around 80 Care Co-ordinators for an afternoon in November. If you missed it and would like to catch up with some of the content you can find slides and outputs from the session on [our website](#), including subjects like:

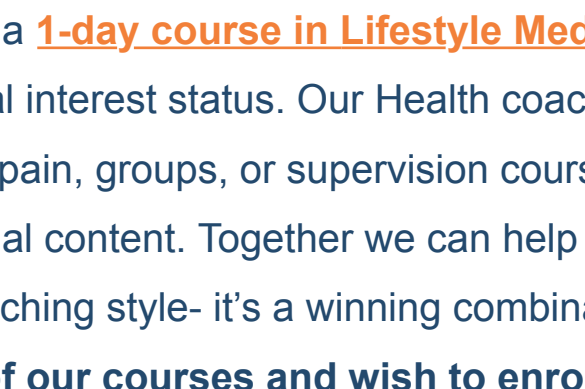
- Assertiveness skills
- Coaching approaches in addiction
- Time management
- Dealing with Trauma
- Managing angry/frustrated patient

Peak Partners



As the country's leading provider of primary care updates, chances are you or one of your primary care team will have been on a **Red Whale** course at some point. They have just launched a **1-day course in Lifestyle Medicine** that's approved by RCGP as meeting special interest status. Our Health coaching training, be it our core 2 or 4 day courses, pain, groups, or supervision courses, work really well alongside their educational content. Together we can help people to apply cutting edge knowledge in a coaching style- it's a winning combination!

If you've been on one of our courses and wish to enrol in one of them, or vice versa, please [get in touch](#) to obtain a discount code.



As most of you will know, we are working closely to transform the way pain management is offered in primary care. Adam Davies and the team at [Pure Physiotherapy](#) have developed a health coaching team with expertise in pain management that can support delivery of pain management in practices or PCNs. We couple that with our **Coaching for Pain Management 2 x 1/2 day training** (above) for your local teams to develop confidence in de-prescribing and promoting the health coaching offer. This combination of workforce and education is the first of a range of similar ideas we have. **Please [get in touch](#) if you are interested in expanding your local pain management capacity.**

Peak Programmes

Peak Health Coaching offers a number of other programmes relevant to Health Coaching and Personalised Care. Here are some to think about:

Group Supervision

These sessions (max 6 people) can be booked and spread through the year or booked when you need them.

PCI Accredited Supervisor Training

Suitably experienced coaches will be able to provide supervision in-house to their colleagues.

PCI Accredited 2-day Tailored Health Coaching programme (Module 1)

Suitable for EVERYONE in the health, social and community care sectors, who want to support self-management and have better conversations with colleagues.

PCI Accredited 4-day Tailored Health Coaching programme (Modules 1 and 2)

Suitable for health and well-being coaches and those who want to go a bit deeper in their understanding and practice of health coaching.

PCI Accredited 2-day Care Co-ordinator Training

Suitable for all Care Co-ordinators, getting to grips with a new and developing role.

Care Navigation Training

Suitable for all frontline staff who want to support people to navigate the health and care system, by tuning in to what really matters.

Peer Support and Action Learning Training

Learn how to facilitate a small group of colleagues to do their very best thinking, support each other and come up with new perspectives and ideas to take forward.

Thanks for taking the time to read through our new Newsletter. If there's anything the team can help you with please get in touch at

support@peakhealthcoaching.com or call us on 0114 291 9137

Thanks for your support,

Tim & The Peak Health Coaching Team