



Welcome to our August 2024 Newsletter

We hope this finds you well and you've managed to get a break, and maybe even some sunshine, over this holiday period.

Every month we will include what's going on at Peak, 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

Remember - thinking for yourself is a courageous act!



“What should I do?” is quite a common question from our patients or clients. With all our knowledge and experience it is tempting to jump in with some advice, thinly veiled within a ‘solutionising’ question like “Have you thought about...?” It is not surprising that people want to defer to our thinking, as we have rather set the system up like that, with us as the experts. People, for all sorts of really good reasons, have lost confidence to think for themselves. Nancy Kline says that **thinking for yourself is a courageous act**. Our patients and clients therefore need *encouragement* (and lots of it), to think independently about their own health and well-being. That’s not just sustainable, it's the right thing to do!

So, let’s not be surprised that people struggle to come up with ideas immediately - until just now, they thought that was your job! Instead, let’s create an environment

where people can feel safe to think things through as far as they can, without us. And, as far as possible, don't let your 'knowing' get in the way of their discovery.

New Courses and Development Opportunities

At Peak, 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](#).

Working with Groups

Building on the highly rated session at our National Conference “The Value and Challenge of Working with Groups”, we have created an online **2 x half-day programme** of highly practical approaches for successful group working. We have brought together decades of clinical experience of supporting patients in primary care and expertise in working with groups, alongside colleagues with lived experience.



Whether you are already working with groups and want to make them even better, or you are just thinking about your options – from Life-Style programmes to Pain Cafes, facilitated on-line or in person, this programme is ideal.

There are no previous qualifications necessary, but it is anticipated that participants will have completed training relevant to their current role and be in a position to work with groups in the NHS, Social or Community settings.

Our next programme is: 1st and 22nd October 2024 (09.30-12.30)

Find out more and book [here](#).

Coaching Approaches in Pain Management

Do you believe we can do better for chronic pain management in primary care?

The Health Foundation recent [review of Long Term conditions](#) highlighted chronic pain as the most prevalent and most impactful, with 5 million people living with chronic pain now, set to increase to 7 million by 2040.



Many people are treated inappropriately with analgesics, especially strong opiate medication. It is part of the QoF and PCN DES to reduce opiate prescribing, in line with latest NICE guidance.

As some will know, we have designed a highly interactive online course (**2 x half days**) to teach teams (be they prescribers or coaches) to develop non-medication approaches to chronic pain management. This builds supported self-management, coaching support and safe deprescribing, into NHS primary care settings. Sessions are facilitated by both clinicians and associates with Lived Experience and represents the importance of developing a patient's own confidence and locus of control. Hear briefly from Lee, one of our lived experience trainers [here](#).

Our next programme is starting in September - so hurry! You can find out more and book places [here](#).

Peak Insights



Hang in there!

We know from hearing from many of you that right now the climate is challenging for personalised care and many in the Health Coach, Link Worker and Care Co-ordinator roles.

There are challenges around space in general practice and finding rooms, access to supervision, and feeling isolated and, at times, under-valued.

On the other hand, we continue to hear stories of how much impact coaching approaches are having. These underpin real transformation in how patients and communities think about and engage, in looking after themselves and each other. It leads to deeply satisfying, health-creating relationships.

Optimistically, we are hearing a lot of talk in leadership and political circles of proactive and preventative care being central to the future NHS. Personalised approaches and utilising the 3 ARRs roles is always seen as a key asset. As the new government gets its feet under the table, we appreciate a lag in this being demonstrated in the policy and funding for the NHS.....but we feel confident a refresh is coming. So, **hang in there!**

Your work is hugely valuable and valued. You are part of a growing revolution in how the NHS operates and it's often tough to be at the leading edge. Know that you are not alone.

For some encouraging perspective read Ollie's latest blog

<https://www.peakhealthcoaching.com/post/reflections-on-progress-of-personalised-care-in-the-nhs>

Other Peak Programmes to share:

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 \(Module 1 and 2\)](#)

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 Coordinator Training](#)

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

[Care Co-ordinator Virtual Half-Day Conference](#) - 6th November 2024 1.30pm-5pm

We seek to offer Care Co-ordinator colleagues a space to connect with like-minded people, hear what is happening across the country and to build on their previous learning and experience. [Book here](#) for your FREE place.

[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 your 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



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