



Together
an Active
Future



Story of Change

The Health Coach Journey

Rossendale

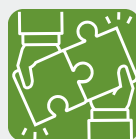
The Rossendale Health Coach Journey marks a departure from traditional healthcare models, introducing health coaches hosted by the leisure trust to address both physical and mental health needs.

- ✓ The health coaches' integration within the broader healthcare ecosystem.
- ✓ The emphasis on a systems-level change in the Primary Care Network's (PCN) approach to service delivery.
- ✓ Positive impact on both patients and healthcare providers, including improvements in physical and mental health, reduced medication use, and increased self-efficacy.



A Community-Based Approach

The active engagement with the community, building trust and understanding local needs.



Enablers and Lessons Learned

Collaborative leadership between the PCN and the Leisure Trust.



Shift in Healthcare Delivery:

The PCN's decision to fund the program through the leisure trust rather than delivering it in-house.



Evidence and Evaluation:

Patient outcomes data, qualitative feedback, and program evaluation data to support the effectiveness of the health coach programme.

The Approach

The Rossendale Health Coach Journey demonstrates a significant shift in how the PCN collaborates with wider partners in Rossendale, emphasising a community-based, holistic approach to health and wellbeing. The relationship explores the key themes of connectedness, autonomy and community engagement, underpinning the success of this innovative program.