

## For further information & to apply as a Volunteer Coach or to access this programme:

Please contact the Health Connect Coaching Coordinators who will be able to answer any queries:

**Krystina Bones**



**Olivia Weight**



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**Check out our video!**

<https://vimeo.com/601017813/36f670a2a1>

[7813/36f670a2a1](https://vimeo.com/601017813/36f670a2a1)

For more information!



## Do you have experience of a long-term health condition?

Would you benefit from being supported by someone with shared lived experience, who really gets it?

## Then why not try the Health Connect Coaching Programme

Our trained volunteer health connect coaches are able to offer you 1:1 support to increase your knowledge, skills and confidence in order to move forward with positive changes, and goal setting.

For more information & to access this programme, please get in touch!  
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