



Be Well



Health & Wellbeing Service

Supporting Health & Wellbeing
within Primary Care

Health & Lifestyle Practitioner

Appointment Book

chcp

chcpic.org.uk



Welcome to your Health & Lifestyle Practitioner appointment book

The Health & Lifestyle Practitioner can support you to make positive changes to your lifestyle, in order to help improve your overall health and wellbeing. You will be required to attend regular appointments where you will be supported to set your own goals and objectives. These goals will be reviewed frequently within your appointments, and your progress will be discussed with your practitioner.



Attendance

If you cannot make an appointment, then please contact the service as soon as possible so that this appointment can be cancelled and rescheduled.

If you fail to attend multiple appointments with your practitioner, then you will be discharged back to the care of your GP.

Your practitioner:

Service contact number: 01482 458091

<p>I agree that I would like to work with the Health & Lifestyle Practitioner, that I am ready to make positive changes to my lifestyle, and that I understand the non-attendance policy:</p> <p>Name:</p> <p>Signature:</p> <p>Date:</p>	<p>I have explained the Health & Lifestyle Practitioner role, and the non-attendance policy:</p> <p>Name:</p> <p>Signature:</p> <p>Date:</p>
---	--

First appointment date:

Weight		BMI	
Waist Measurement		Blood Pressure	
QRISK2 Score		HbA1c	
Total Cholesterol		HDL (good cholesterol)	
Non-HDL (bad cholesterol)		Total cholesterol to HDL cholesterol ratio	

Long-term goals:

How important are these goals to you?

(Not important) 0 1 2 3 4 5 6 7 8 9 10 (Important)

How confident do you feel in achieving these goals?

(Not confident) 0 1 2 3 4 5 6 7 8 9 10 (Confident)

What barriers do you think could get in the way of you achieving your goals?

Next appointment date:

Setting your smart goals

At every session you will set yourself at least one goal that you would like to focus on ahead of your next appointment. When setting goals it's useful to consider the term SMART:

- **Specific** - Your goal should be clear and specific:
For example:
What are you going to do? How are you going to do it?
Where are you going to do it? When are you going to do it?
With whom are you going to do it?
- **Measureable** - How can you measure this?
- **Achievable** - Set goals that are realistic and within your reach.
- **Relevant** - Is this goal relevant to you right now and will it help you to achieve your longer term goals?
- **Timely** - Set yourself a timeframe in which the goal can be achieved.

What would you like to set as your first SMART goal(s)?



Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

Appointment date:

Session number:

Weight		BMI	
Waist Measurement		Blood Pressure	

How did you get on with your previous goal(s)?

What would you like to set as your next SMART goal(s)?

Next appointment date:

An empty rectangular box with a thin black border, positioned on the left side of the page.An empty rectangular box with a thin black border, positioned on the right side of the page.

Next appointment date:

Next appointment date:

Useful Information

www.vennpcn.nhs.uk

Mental Health Support

- **NHS Hull Talking Therapies**
01482 247111
www.letstalkhull.co.uk

Do you feel at breaking point or that you may harm yourself or others?

- **Mental Health Crisis Intervention Team**
0800 138 0990
www.humber.nhs.uk/services/MHRS
- **Samaritans**
116123 (Freephone)
www.samaritans.org
- **NHS Direct**
111

OR

- **Call your GP** (they will have an emergency number when closed), or visit your GP when they are open. Don't have access to a telephone? You can also go to your local A&E department, and a professional will be able to support you from there.

Health & Wellbeing

- **NHS Choices Live Well** (Information on healthy eating, physical activity, sleep hygiene, sexual health etc.)
www.nhs.uk/live-well
- **Hull Stop Smoking Service**
01482 977617
www.changegrowlive.org/smoke-free-hull/home
- **Drug & Alcohol Service - Hull (ReNew)**
01482 620013
www.changegrowlive.org/hull-renew/recovery-hub
- **Carers Information & Support Service - Hull**
01482 222220
www.chcpcic.org.uk/chcp-services/carers

Finance, Employment & Volunteering

- **Citizens Advice Bureau**
03444 111 444
www.hullandeastridingcab.org.uk
- **Jobcentre Plus**
www.gov.uk/contact-jobcentre-plus
- **Volunteer Hub**
01482 344057
www.chcpcic.org.uk/pages/volunteering



**Let us know what
you think...**

chcpcic.org.uk

Version 3