The Stockport GP Federation

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Wellbeing and Self Care Service

Self Care Coordinators provide this service for people aged 18+ in your practice to help you to manage the things in your life that may affect your health and wellbeing. We have time to listen, explore options and help you to work towards your goals.

The Self Care Coordinator is someone who:

You can talk to confidentially
Gives you one to one support to help you manage your own health and wellbeing
Can link you to local services and support
Can provide you with techniques and online tools you can build into day to day living

The type of issues the service can support you with:

- ✓ Long Term Conditions such as asthma, obesity, diabetes, anxiety, hypertension
- ✓ Lifestyle e.g. diet, physical activity, weight management
- ✓ Finance, relationships, housing, employment
- ✓ Loneliness, social isolation
- ✓ Caring issues

Ask in your practice for an appointment with the Self Care Coordinator