



Bright Hope

in North West Leicestershire

Giving support when you need it

Improve
your
wellbeing



Way Back to Wellness

One to one holistic support

info@brighthouse-nwl.org.uk • 01530 648 553

www.brighthouse-nwl.org.uk



Way Back to Wellness

Helping people live happier, healthier lives through tailored nutrition, fitness and mindset coaching.

What is Way Back to Wellness?

Way Back to Wellness provides flexible holistic health support. The service aims to improve mood, movement and wellbeing through a whole of life, body and mind approach. Coaching is available to those affected by a life-limiting or life affecting condition or a carer supporting someone living with a condition. It is ideal for those who wish to make changes in their life such as trying to reduce depression and anxiety, lose weight and improve situations such as mood swings and/or fatigue.

Way Back to Wellness is a non-clinical pathway, which can complement pre or post counselling support.

How does Way Back to Wellness work?

Way Back to Wellness is a talking based, one-to-one, therapy designed to help participants feel stronger and more purposeful.

The Way Back to Wellness Lead will guide you through an individually tailored programme. This may include nutrition and weight management

support, functional fitness and/or mindset coaching.

Working with what you have, we seek to build a higher level of self-efficacy and stronger ability to cope, improving health habits and overall quality of life.

Who can attend?

Our Way Back to Wellness service is open to anyone aged 18 years and over, who is registered to a North West Leicestershire GP surgery and who has a condition that leads to a reduction in the quality of their life or have been diagnosed with a life limiting illness. Carers are also welcome to use this service.

How to access our service

Anyone can refer to this service if they meet the criteria mentioned. This can be done by completing our referral form on our website yourself, speaking to a health or social care professional who can refer you, or calling our Care Services Manager on 01530 648 553.

What will happen once my referral has been completed?

Following your referral, we aim to contact you by telephone within 28 days, when one of our team will carry out a basic triage and take down some details.

These details will then be passed onto the service lead who will contact you when a space on the programme becomes available. At this point you will arrange the date of your first session and how you would like it to take place. This can be via phone, video call or meeting one-to-one in a public space.

How often will I be seen?

Following on from your initial phone consultation with the service lead, you will have six one-to-one sessions on the programme. How often depends on what you need from the programme and will be discussed as your sessions go on. Some people need a weekly session, some people can go for 4-6 weeks between sessions to give themselves time to reflect and put into practice what they have learnt.

Will I have to pay?

All services provided by the charity are free to the person receiving them, however they come at a cost to the charity. Bright Hope in North West Leicestershire currently costs in excess of £300,000 a year to run. We would appreciate it if people using our services made a donation for the support they have received.

Expected outcomes

People who have used the service before have experienced the following outcomes:

- Increased independence and confidence.
- Understand their own health better and how to improve/maintain it.
- Increase feeling of general wellbeing, including mental health.
- Increase physical strength and decrease risk of falls or relapses.
- Ability to resume usual activities e.g. work, education, family life.
- Clear understanding of where to get support in the community.
- Confidence to access mainstream health services when needed.
- Decrease in hospital admissions and/or GP consultations.





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Our mission and vision:

Bright Hope offers a range of non-clinical, therapeutic and social care services in North West Leicestershire.

The charity supports adults with a life limiting condition, or one that leads to a reduction in quality of life, as well as offering support to their partner, carer or family.

About us:

Bright Hope in North West Leicestershire is a local charity, which prides itself on the existing range of valuable services provided for those over 18 years living with a life limiting illness, or other conditions that significantly limit the quality of life.

We also recognise the vital role of those in caring roles. We strive to ensure support for family members and carers, enabling them to recharge their batteries and take a well-earned break.

It is possible to self-refer to all of our services apart from counselling, which must be made by a health or social care professional.

The full range of our services and online referral form can be found on our website, or please contact us by any of the ways below.

For further details contact us at:
Bright Hope House,
Talbot Lane, Swannington, Leicestershire LE67 8QT

info@brighthope-nwl.org.uk or call **01530 648 553**

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