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MK SERVICE INFORMATION

HEALTH & WELLBEING COACH

I am here to work with adults and young people who are ready to make changes to help their health and wellbeing. If you have already had advice on how to make healthy changes but are finding it difficult to start or keep up then I can help.

Health Coaching is a one-to-one service offered to help create lasting change to improve a person's well-being and overall health.

Health coaching helps to encourage healthy habits, and find ways of living a fuller life in a way that works for you.

OUR COACH DEIMANTE



LINKS FOR ACTIVITIES

▪ COMMUNITY ACTION MK	SIGNPOSTING CHANNELS – COMMUNITY ACTION: MK (COMMUNITYACTIONMK.ORG)
▪ MK DON SET	MKDONSSET.COM
▪ SAFARI MMA	SAFARIKICKBOXING.CO.UK
▪ BLETCHLEY RUGBY CLUB	BLETCHLEYRUGBY.COM
▪ PARK RUN	PARKRUN.ORG.UK/MILTONKEYNES
▪ JUNIOR PARK RUN	PARKRUN.ORG.UK/MILTONKEYNES-JUNIORS

LINKS FOR ACTIVITIES

▪ ALL PEOPLE ACTIVE	ALLPEOPLEACTIVE.COM
▪ OFFSET PROJECTS	OFFSETPROJECTS.ORG.UK
▪ LOVE EXPLORING APP	LOVEEXPLORING.CO.UK
▪ THE PARKS TRUST	THINGS TO DO IN MILTON KEYNES' PARKS THE PARKS TRUST
▪ SWIMMING	BLETCHLEY AND FENNY STRATFORD TOWN COUNCIL (BLETCHLEYFENNYSTRATFORD-TC.GOV.UK)

LINKS FOR SUPPORT SERVICES

▪ MK MONEY LIFELINE- DEBT ADVICE	MKMONEYLIFELINE.ORG.UK/MONEY_LIFELINE
▪ CITIZENS ADVICE	MILTONKEYNES CAB.ORG.UK
▪ WEIGHT MANAGEMENT	MORE-LIFE.CO.UK/WHAT-WE-DO/OUR-SERVICES/IN-YOUR-AREA/BEDFORD/
▪ SAFE – SUPPORT FOR YOUNG PEOPLE AFFECTED BY CRIME	SAFEPROJECT.ORG.UK
▪ DRUG & ALCOHOL SUPPORT FOR YOUNG PEOPLE	MILTON-KEYNES.GOV.UK/HEALTH-AND-WELLBEING-HUB/SUPPORT-FOR-DRUGS-ALCOHOL-AND-GAMBLING/DRUGS-ALCOHOL-AND-YOUNG-PEOPLE

LINKS FOR SUPPORT SERVICES

▪ RELATIONSHIP SUPPORT	RELATEMK.ORG
▪ FREE TEXT MESSAGING SUPPORT	GIVEUSASHOUT.ORG/

LINKS FOR MENTAL HEALTH SUPPORT SERVICES

▪ MILTON KEYNES TALKING THERAPIES SERVICE (IAPT)	MKTALKINGTHERAPIES.NHS.UK
▪ MIND CRISIS SUPPORT	MIND-BLMK.ORG.UK/HOW-WE-CAN-HELP/CRISIS-SUPPORT
▪ KOOTH- ONLINE MENTAL WELLBEING COMMUNITY	KOOOTH.COM
▪ YIS – YOUNG PEOPLE’S MENTAL HEALTH	MKYIS.ORG.UK

LINKS FOR MENTAL HEALTH SUPPORT SERVICES

<ul style="list-style-type: none">▪ ANNA FREUD CENTRE FOR CHILDREN & FAMILIES	ANNAFREUD.ORG
<ul style="list-style-type: none">▪ ARTHUR ELLIS MENTAL HEALTH SUPPORT	ARTHURELLISMHS.COM/#SUPPORTFORPARENTGPSCHOOLS