

Health and Wellbeing coaching & Social prescribing



Sickle Cell & Thalassaemia

Living with a red cell condition, such as Sickle cell disease or Thalassaemia, can impact daily life, well-being, and long-term health.

Our goal is to empower you and equip you with the support needed to help manage the factors in your life affecting your health and wellbeing.

Health & Wellbeing coaching:

- Identifying your needs and setting achievable goals
- Exploring Healthier lifestyle habits
- Improving physical activity and movement
- Enhancing sleep quality
- Developing relaxation strategies

Sessions will involve:

- Discussing your goals and getting to know the support and challenges in your life.
- Linking you with community-based services.
- Looking at motivation to make positive changes and identifying how to tackle barriers.
- Reflecting on lifestyle skills/confidence, discussing what has gone well and what has been difficult.
- Working with local voluntary, social care, and health services to ensure coordinated support.

Social prescription

Linking you with support for:

- Financial advice
- Employment
- Housing advice
- Social activities
- Volunteering and more...

If additional support is needed, we can connect you with relevant professionals, including your haematology team, psychology, physiotherapy, or pain management services.

For more information or to arrange a session, please contact our team at:

SCDPain@stgeorges.nhs.uk

Contact number: 07719026266

