



# FAMILY COACH

**Families gaining the knowledge, skills  
and confidence to live well across the Wyre Forest**

## The Family Coach

Can offer practical tools and techniques, advice and encouragement to motivate people to change behaviours, achieve better health choices and set goals for themselves, their families and the wider community.

We offer confidential, personalised support to help families live a happy and healthy lifestyle by providing bespoke support with what matters most to each family. This might include:

**Healthy eating, meal planning and cooking tips**

**Mental Health Support**

**Finances**

**Being more active**

**Stopping smoking**

**Improved sleep**



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This service is for families who have one or more children who are under/ overweight, families who are not able to access existing weight management services in their area, and families who may experience other inequalities.



## Eligibility Criteria

**Children identified as needing support with healthy eating and weight management.**

**Unable to access other weight management services, i.e. Henry**

**Families who are impacted by health damaging behaviours.**

**Support for families where parents have been recently diagnosed with High blood pressure or diabetes**

**Age range for service 2.5 years - 18 years**

**Priority to families from IMD 1 and 2 within the Wyre Forest**