



DAISY SENOIR

HEALTH COACH



ABOUT ME

Hello I'm Daisy, I am a health coach within The Healthier South Wirral PCN and I have been working to support the practices within the PCN since 2020. My interest to improve diet and activity has come from a high competitive county level sporting background

My role consists of face to face and telephone consultations that use a person-centred approach to support someone with health, diet and activity through lifestyle changes

● CONTACT ME

Please ask reception to make a referral.



THINGS I CAN SUPPORT WITH:

- Health coaches have a particular focus in preventative medicine through life style measures by taking a holistic approach.
- I can help patients create their own meal plans and ideas for healthier meals to support with their goals based on NHS nutritional guidelines.
- I can help patients to create their own activity plans to suit their lifestyle and medical conditions
- I aim to empower patients to build confidence around their activity and diet which is based upon setting realistic, achievable and sustainable goals.
- I provide patients with appropriate resources which can contribute to their goals following on our appointment so they are able to reflect on what has been discussed so that they can become more confident in maintaining their own health.
- Another part of my role is to health patients understand blood test results such as their cholesterol and HBA1C levels and how they can improve them through diet and activity.
- I also assist Eastham Group Practice with their NHS health checks



TIMETABLE

Mon- Eastham

Tue- PCN office (Sunlight)

Wed- PCN office (Civic)

Thur- Sunlight

Fri- PCN office (Spital)