



## What is the Bright Lives Wellbeing Coaching service?

The Bright Lives Wellbeing Coaching service is a new service for adults living in Islington, who are vulnerable and have complex needs. We have a dedicated team of Wellbeing Coaches providing one-to-one, medium-term support for residents, for up to 6 months. Bright Lives Wellbeing Coaches work in community settings and have a strong focus on multi-agency partnerships and collaborative working, in order to connect residents with local community offers, helping them to build resilience and strengthen their independence and wellbeing.

## What can Bright Lives Wellbeing Coaching help with?

We know that life is not always easy and that people need some extra help at some stage in their lives. It could be that someone is struggling with their wellbeing or experiencing social isolation and loneliness. It may also be that someone is feeling unsafe in their community or just that the range of challenges they are facing are weighing them down. Having an experienced, relational practitioner they can talk to, who can help them to work things through and see a way out the other end, can be crucial. Bright Lives Wellbeing Coaches are trained to help people to reflect, set goals and provide tailored support to help people on their journey every step of the way.



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= For a more equal future

## Who is Bright Lives Wellbeing Coaching for?

Bright Lives Wellbeing Coaching can be accessed by adults living in Islington who are:

- Vulnerable and facing complex needs or challenges that they are struggling to cope with on their own
- Likely to experience an escalation in their need or situation and for whom coaching support is an appropriate intervention
- Requires support around mental, physical or emotional wellbeing but is not currently experiencing a mental health crisis.
- Does not meet a threshold for a statutory service or has limited input from statutory services because they appear to be coping and managing
- Requires support to build resilience to strengthen independence and wellbeing
- Requires medium term coaching support i.e. 6 months
- Willing to engage and commit to coaching support



## What do we do?

Bright Lives Wellbeing Coaches will start by finding out about the person, their strengths, needs and wants, and will work alongside them to co-produce some goals they can progressively work towards. Bright Lives Wellbeing Coaches will work with the person for around 6 months, supporting them to achieve the goals they have identified for themselves. This may also include collaborating with other local services and community offers to provide wrap around support, tailored to meet the persons needs. Bright Lives Wellbeing Coaches do not provide crisis interventions and are not social workers or health professionals. A Coach uses a range of therapeutic approaches through 1-2-1 discussions with the person.

## How to access support from Bright Lives Wellbeing Coaching?

To refer an adult to the Bright Lives Wellbeing Coaching Service, please complete our referral form and email this to **[BrightLivesCoaching@Islington.gov.uk](mailto:BrightLivesCoaching@Islington.gov.uk)**. The Bright Lives Wellbeing Coaching service is a consent based service – please obtain consent prior to making a referral.