



Here at DCH we have a team of **Health and Wellbeing Coaches** around the Trust to help you with Health and Wellbeing. **ALL** our coaches are trained in NHS **wellbeing conversations**, basic **coaching**, lending a **listening ear** and **signposting** you to support services that are available to you. Here are some other things our coaches are trained in:



MENTAL HEALTH FIRST AID



SFA  
**Suicide First Aid**  
Understanding Suicide Intervention

SFA UNDERSTANDING SUICIDE INTERVENTION



TRAUMA RISK MANAGEMENT



AUTISM AWARENESS



MENOPAUSE AWARENESS





















DISABILITY AWARENESS





































RSPH SUPPORTING BEHAVIOUR CHANGE



The HWB coaches have compiled a contact list below, to allow you to learn more about why they decided to become a HWB coach, which training they have that is most relevant to you, and perhaps even find one with common interests to you. Use this list to get in touch with a HWB coach when you need it or **look out for staff with this badge or a purple lanyard!**

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I decided to become a health and wellbeing coach because I have had my own experiences with mental health and chronic physical pain due to this. I have felt and understand the impact it can have on your life and those around you and want to help other people to come forward and speak freely about any issues or problems they are having. I enjoy films, comics, and gaming (I'm a bit of a nerd)! Come and see me anytime, even if it is just for a chat and to get off your chest what is on your mind. You can contact me on either email, teams, or telephone I am regularly on all three.

Contact: [Ben.Hindley@dchft.nhs.uk](mailto:Ben.Hindley@dchft.nhs.uk) or ext 4466



I'm Emma and am happy to meet for a chat in person or on the phone to check in with you, perhaps you need some support or help with the direction on which way to turn at perhaps a difficult time in your life, to share your thoughts or fears is always the best first step you can take, however big or small I'm here to help.

Contact: [Emma.Wyatt@dchft.nhs.uk](mailto:Emma.Wyatt@dchft.nhs.uk) or ext 4414



I decided to become a coach to help support staff.

Contact: [Gemma.Sharpling@dchft.nhs.uk](mailto:Gemma.Sharpling@dchft.nhs.uk) or ext 4825



I am very empathetic person and have genuine need to help other people. I can be contacted via e-mail or phone or in person and can usually be found in Audiology reception.

Contact: [Malgorzata.Solan@dchft.nhs.uk](mailto:Malgorzata.Solan@dchft.nhs.uk) or ext 3752

**Jason Chambers**



I am a nurse with experience of orthopaedics, emergency, community nursing, rheumatology, and Theatres. I now am part of the team that supports the safety, quality and improvement in the operating theatres and Day Surgery. I gained a lot of counselling skills during my ten years as a specialist public health practitioner in the community, particularly post-natal depression, domestic violence, safeguarding and bereavement. I found that I was using these 'soft' skills to support colleagues which evolved into me becoming the health and wellbeing rep for Theatres, and now Health and Wellbeing Coach. I have an office to carry out private conversations.

**Contact:** [Jason.Chambers@dchft.nhs.uk](mailto:Jason.Chambers@dchft.nhs.uk)

**Jen Hogg**



I am the Ward Sister on the Stroke Unit and manage a team of around 55 members of staff. It is important that I am able to support the team in terms of their health and wellbeing and be able to correctly signpost when needed. I wanted to be a HWB Coach in order to be more aware of the resources available and be part of a team of HWB coaches for the support network. Health and Wellbeing is something I am quite passionate about and will always try and ensure the teams needs are met.



**Contact:** [Jennifer.Hogg@dchft.nhs.uk](mailto:Jennifer.Hogg@dchft.nhs.uk) or ext 5210

**Jo Cleall**



I work in paediatrics as a Junior Sister and Clinical Practice Educator. As part of this role, I support staff with their professional and personal development and I am equally as passionate about supporting staff to develop skills around resilience and enhancing wellbeing as I am about developing knowledge and skills. This is the reason I became a health and wellbeing coach at DCH as I want to help people feel valued, listened to, and have a sense of joy and pride in their work. I am keen not only to promote wellbeing within paediatrics but across the trust therefore welcome staff from any areas to contact me.

**Contact:** [Joanne.Cleall@dchft.nhs.uk](mailto:Joanne.Cleall@dchft.nhs.uk) or ext 4244



I decided to be a Health and Wellbeing Coach as I have a keen interest in the wellbeing of others. It also derives from having 'lived experience' of mental health issues with a couple of my family members. I have a keen interest in mental health issues surrounding neurodivergent conditions such as Autism Spectrum Condition. I feel that it is important that ALL people deserved to feel heard and understood. I would like to be there to help and listen to what others need. Or just be there.

I have also gained a level 2 Understanding Autism qualification, alongside Level 3 ABC Counselling qualification. I am hoping to start my degree via the OU doing Psychology, Philosophy and Counselling in the next year or so as well.

**Contact:** [Kate.Astley@dchft.nhs.uk](mailto:Kate.Astley@dchft.nhs.uk)

I became a Wellbeing Coach because I know what a difference it has made to me when someone listened to me carefully and encouraged and supported me to show myself good care. I am a chaplain at DCH, and at Salisbury District Hospital, and have been a clergy-person for 12 years. My role has given me the privilege of being alongside people from all walks of life – including those from different faith traditions to mine and those with no-faith tradition. I have experience of supporting people through life's joys and challenges, including relationships, mental well-being, parenting, illness and bereavement including child loss. I am a member of DCH's Pride Network and an ally of the LGBTQI+ community.

**Contact:** [Kate.wyles@dchft.nhs.uk](mailto:Kate.wyles@dchft.nhs.uk) (on site on Mondays and Wednesdays)

I am one of the Volunteer Co-ordinators, within the Volunteer Support Team. I believe it is so important to support each other, which is why the idea of becoming a Health and Wellness Coach appealed to me. I would like to provide some initial support, which sets someone off on a more positive path.

**Contact:** [Louisa.Plant@dchft.nhs.uk](mailto:Louisa.Plant@dchft.nhs.uk)



**Melody Collister** 

I have chosen to be a wellbeing coach because my day to day job revolves around wellbeing. Having the additional role of a coach helps me to keep up to date with the wellbeing offerings that staff can access. Staff wellbeing is very important and there are times when people have rough patches or times when they are feeling low, but to be able to sign post them to services to help them get better is really pleasing.

**Contact:** [Melody.Collister@dchft.nhs.uk](mailto:Melody.Collister@dchft.nhs.uk) or ext 3259

**Miranda Schwab**   

In my role as the educational and development lead for Theatres, I support a range of staff and students and so it is beneficial to have the extra skills to support our workforce further.

**Contact:** [Miranda.Schwab@dchft.nhs.co.uk](mailto:Miranda.Schwab@dchft.nhs.co.uk) or ext 3725

**Nicola Chalmers**  DOTS Disability  
Community Interest Company

Hi, my name is Nicola, I work in Theatres. I wanted to become a Health & Wellbeing Coach because I saw that there was a real need across the trust to boost morale, support each other and to try and create a more positive mindset around speaking up about our Wellbeing needs, I'm always happy to have a cuppa and a chat with anyone that needs a listening ear.

**Contact:** [Nicola.chalmers@dchft.nhs.uk](mailto:Nicola.chalmers@dchft.nhs.uk)

**Rebekah Smith**  

Hi, I'm Rebekah, I work in blood sciences in Pathology. I became a HWC because I have struggled with mental health in the past and have a good understanding of when to ask for help and resources to use. I am passionate about people speaking up when they need help! My interests include gaming (mainly RPGs on PlayStation) baking and days out at National Trust sites.

**Contact:** [Rebekah.Smith@dchft.nhs.uk](mailto:Rebekah.Smith@dchft.nhs.uk)

**Sue Baggot**   

My name is Sue Baggott, Pharmacy Business Manager. I recently completed the NHS Health and Wellbeing Coach Training and TRiM as a way to offer support to my department and the wider NHS community.

**Contact:** [Sue.Baggott@dchft.nhs.uk](mailto:Sue.Baggott@dchft.nhs.uk) or ext 5295