

COME AS YOU ARE

LET'S TALK...

Sometimes our **health and well being** isn't where we would like it to be and that's ok.

But if you would like to work with a **PTS coach** to **take back control**, to make sure **you are listened to** and overcome the barriers that stand between you and the future you want, we'd love to support you.



MAYDAY
TRUST

To find out more get in touch
hello@springnorthamptonshire.org
01604 974995

www.maydaytrust.org.uk

Who is this for?

Open to adults living in East Northamptonshire who have a long term health condition and would like to improve their health and well being.

What to expect from Mayday

Our coaches follow a method known as Person-led, Transitional and Strength-based (PTS) Response. A PTS Coach takes the time to get to know you, listening to you as you find out what are the things that you are interested in, what changes you want to make, what gets in the way and how we can help you get there.

Your commitment

We are looking to work alongside those who want to take action to improve their health and well being, you will need to be willing to commit to meeting with a PTS coach to develop an action plan that will allow you to work towards the future you would like for yourself.



Person-led,
Transitional &
Strength-based
Response 
By Mayday Trust

**To find out more
contact our team via:**

hello@springnorthamptonshire.org
01604 974995