

Flourish

with Lifestyle Medicine

Offering a holistic approach to overall
health and wellbeing



FLOURISH &
TERRIBLE TITTIES

[FLOURISHLIFESTYLE.ORG](https://flourishlifestyle.org)

FLOURISH WITH LIFESTYLE MEDICINE

OFFERING A HOLISTIC APPROACH TO
OVERALL WELLBEING



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Actively working as a Physician Associate in Primary Care, where appointments are difficult to obtain and are limited to 15 minutes, I have identified that longer appointments are essential to enable understanding of your needs and work with you to achieve your health and wellbeing goals through a process of health promotion, on-going support and disease prevention through the use of lifestyle adaptations.

ABOUT



FLOURISH WITH LIFESTYLE MEDICINE

AIMS AND OBJECTIVES

To provide genuine care, support and guidance during difficult times.

As a health professional, I have knowledge relating to wellbeing that extends beyond lifestyle medicine.

Combining a passion to truly help individuals overcome their health hurdles, and be a cheerleader to inspire you to make positive changes and regain your sparkle, I aim to be your all in one, supportive, guiding figure to help answer and support you.

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INTRODUCTION TO FLOURISH WITH LIFESTYLE MEDICINE

Having worked within General Practice for several years, I have identified that putting a limited time scale on an appointment is a barrier to care. 9 - 12 minutes is the average appointment time allowance within general practice. Often, disease prevention and overall health can be achieved through lifestyle changes

With guidance, ongoing support, expertise and a medical background, I offer tailored packages of care, specific to your needs. There is a no 'one-size-fits-all' approach with Flourish. Every appointment and service is based on your requirements, delivered with compassion and care, and backed by clinical understanding.



Introduction

A woman with blonde hair, wearing a dark jacket, blue jeans, and a backpack, is captured mid-jump in a park. She is pointing her right hand towards the sky. The background shows a clear blue sky and some green foliage on the right side. The image is overlaid with a semi-transparent white rectangle containing text.

||

**Thank you so
much for giving
me my life back**

||

Caroline, Age 52

Testimonial

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TERRIBLE TITTIES

ACCESS TIME

One of the biggest barriers to care is a lack of time. Time to discuss any changes, any concerns, and ask questions to help you understand your health.

THE TIMER

So, you manage to obtain an appointment at the doctors, and the moment you step through the door, the 9 - 12 minute timer is set.

AWARE OF THE TIME

You feel overwhelmed with everything racing through your mind that you want to discuss, and often, the main issue is left until last, and time is up

BOOK ANOTHER APPOINTMENT

I've heard it time and time again, sorry that's all we have time for today, you will need to book another appointment

HEALTH ANXIETY

It took long enough to get the initial appointment, and enough time to build up the courage to raise a concern. Now reluctant to rebook.

DELAY TO SERVICES

The biggest fear is a return of disease. So delays to referrals present huge increases in health anxiety.

ACCESS TO CARE

It is often believed that the only person who can request help for you is the GP. This is not the case

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SERVICES AVAILABLE

WHAT CAN I OFFER

ONE TO ONE INTRODUCTION

To be arranged on an individual basis, in person or remote, depending on personal requirements of the service user.

£35

SIX IN PERSON SESSIONS

Six sessions to be arranged at intervals to suit the individual.

This may involve walking therapy, face to face appointments, and/or suitable alternatives based on individual requirements.

£300

GROUP WORKSHOPS

A 2 - 3 hour workshop, arranged at regular intervals, inviting 10 - 15 TTOB participants to get involved for craft activities, refreshments, mood boosting activities, and social interaction, with a focus on lifestyle medicine and support.

£350 - all materials and expenses provided to be covered within this cost.

ONE TO ONE AD HOC SUPPORT

I appreciate not everyone will want to commit to six sessions, so ad-hoc sessions can be arranged on an individual basis.

£35/ hour to a maximum of £100 per appointment, regardless if time exceeds 3 hours.

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FEEDBACK

I have been using Ellie's services for a while through TTOB's. Ellie has supported me with grief, diet, sleep techniques, menopause and emotional stresses.

Ellie has great knowledge in the above fields and has helped me reevaluate my lifestyle and prioritise what is important. I've always had face to face appointments, either through walking therapy or meeting for a coffee, sometimes at late notice when I need a chat about life's stresses.

Ellie is a great support, much better than other wellbeing services I have used, she understands where I am mentally and suggests alternative ways to tailor to my needs.

Everyone needs Ellie in their life! ES.

Meeting Ellie marked a crucial turning point for me.

By far the most knowledgeable, compassionate and humble woman I know whose actions speak volumes.

Nothing is ever too much and always going the extra mile.

I don't know what I would do without her support. NC.

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FEEDBACK

Ellie has been an invaluable support on my recovery journey over the past nine months, guiding me from invasive breast cancer treatments to a renewed, healthier quality of life.

Having completed chemotherapy, surgeries, and radiotherapy, my body and mind were unrecognisable. With her kind and professional manner, Ellie took the time to truly understand my health and lifestyle needs, sharing a wealth of knowledge tailored to my unique circumstances.

Currently, I am receiving long-term preventative treatment, which includes some unwanted side effects. However, Ellie has provided a bespoke holistic service and a compassionate ear, empowering me to confidently discuss medical options with my specialist.

Our meetings have taken place in various uplifting locations, whether enjoying beautiful walks outdoors, sharing coffee, or in her welcoming personal treatment room.

There is truly no other service like this for those seeking a little extra light and sparkle to navigate through challenges.

My gratitude feels inadequate for the lifeline of support she has been.

Thank you.

NB.

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ACCESSIBLE CARE

WHAT CAN I OFFER

Taking a holistic approach, without time limitations, in a safe and comfortable setting can reduce the initial anxiety. Providing compassionate care and providing adequate time and support to explore what's going on in the individual's life.

Everybody has their own agenda when it comes to health appointments; some individuals may feel reluctant to discuss matters, whilst others may present with a list of concerns, and there is every type of appointment presentation in between these two styles.



Packages are available on an individual basis and will be tailored to your needs. There is no 'one size fits all'. I focus on listening and learning from what I see; reading body language and picking up on hidden cues which need to be explored with gentle questions, allowing time and being mindful of the sensitive information being discussed.

Packages

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AESTHETICS

AESTHETICS PROCEDURES TO REPLENISH AND RESTORE YOUR SPARKLE

From botulinum toxin for wrinkles, hyperhidrosis, teeth clenching and more, to medical grade fillers to restore depleted fat pads in the cheeks, plump lips and smooth deeper lines, there are so many treatments that can help you feel more like the former you.

Providing support and reassurance, explaining what the procedure is, the aims and purposes, how it works and exploring interactions, you may find that something you 'swore you'd never do' is actually safe and can help you feel great about yourself.



Don't rule something out entirely, feel free to explore potential treatments and then decide. You may find that the non- aesthetic treatments provide relief from excessive sweating, teeth clenching and so on. The aim of my treatments is not the super glam, artificial look, it's the natural, youthful look that I focus on.

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MENOPAUSE

BREAST CANCER DOES NOT MEAN THERE IS NOTHING THAT CAN BE DONE TO EASE THE MENOPAUSE

Menopause and perimenopause is one of my favourite topics. There are SO MANY things that can be done to ease the menopause. Breast cancer and ovarian cancer can cause some barriers and reduced options when it comes to HRT, however there is library of other resources that can be utilised and explored. Again, as with everything I offer, there is not a 'one size fits all', with a history and full understanding, I can suggest and explore many options, and we can involve the oncology team for reassurance where required.



Women's health is my special interest. Understanding, empathy, clinical insight and a wealth of knowledge from specific training courses, present me your brain fog and hot flushes, your low libido and vaginal dryness. There is ALWAYS something that can be done to ease symptoms and provide improved comfort and quality of life.

HOW AM I DIFFERENT?

Looking at the individual sat in-front of me is the key to picking up on the unspoken. Reading body language, addressing any signs of discomfort or any behaviours that stand out, such as a persistent itch or cough, and asking, very respectfully and mindfully, if this is something new or concerning.

There are no pre-set assumptions, what you see if not usually what you get. Building trust and rapport is essential to allow an open and honest approach to your wellbeing. This comes with time, being made to feel at ease and confident enough to open up about very private concerns. I pride myself on a non-judgemental approach.

Working in general practice means there are very few things I haven't heard or seen. Having an interest in female health, I have lost count of the conversations and examinations of 'other bitties'. The ability to reassure and explain procedures carries out by other clinicians can be invaluable.

Talking patient's through 'what to expect at upcoming appointments', having performed, assisted and been involved in many procedures, can help ease appointment anxiety and reassure individuals that they are well-informed about what may happen during their appointment. This reminds patients that - 'you're control'.

SUGGESTIONS

The word cancer packs a punch like no other. I understand the impact that diagnosis has on every aspect of one's life. Providing support the patient and their family is so important.



Access to increased time



Body language



Explanations



Understanding



On-going support



Relevant questions

NOTES:

Working with local businesses provides increased access to services, enhanced knowledge of packages of care which may be beneficial to you, and professional support from relevant practitioners and professionals. I am confident to discuss referring you back to specialist care and signposting you to the most relevant further support. With consent, I can contact the oncology team and request support directly, speeding up the process of accessing an appointment.

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BOUNDARIES

We all have boundaries. Respecting your boundaries is key to your own progress and to allow for positive input into the services provided to you.

TIMELY MANNER

Desired input from care givers is specific to the individual. Requesting as much or as little support can be agreed on an individual basis and continue to be reviewed.

INPUT

Education is key, learning the thorough steps involved in self examination and exactly what to look out for can be lifesaving.

COMMITMENT

Anything is possible**with effort, support and dedication. Let's work on your goals together.

ON-GOING SUPPORT

Whether initial guidance is what you require, or you may benefit from ongoing support with regular check-ins.

DEDICATION

My services are tailored, and I dedicate my efforts and experience into providing the most appropriate plan. I dedicate myself to everyone I help.

REALISTIC

Being honest about expectations sets realistic boundaries. Working together will build trust and we can explore multiple options.

UP TO DATE

Actively working within NHS GP settings means my knowledge is up to date and I in-line with NICE CKS Guidelines.

REPRESENTATION

I do not replace your own doctor or clinician I offer educational and holistic support and guidance.

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CLINICAL INSIGHT

Whilst I do not provide clinical examinations, I can signpost you and equip you with information to better prepare you for upcoming appointments. Providing a summary of any topics discussed or clinical concerns to hand over to your clinician/ doctor can prevent the health anxiety brain fog when you have your next appointment. Preparation is fundamental, go to your appointments feeling prepared about what you want to say and have a list of questions you would like answers to.

CLINICAL KNOWLEDGE



Knowledge is power

THANK YOU!

Thank you for exploring the aims and purposes of
Flourish with Lifestyle Medicine in collaboration with
Terrible Titties and Other Bitties.



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Thank you