

# Get Set Goal

## Information Leaflet

Thank you for your interest in Get Set Goal. This is a free service delivered by health care students from the University of Huddersfield. The students are supervised by registered health care professionals.

### Our offer to you

We offer a series of online appointments, of up to 45 minutes each, typically over a 4–6-week period, focussing on improving your general health and wellbeing.

### Who is Get Set Goal for?

This service is for members of the public (18+ years of age) and University of Huddersfield students who would like support in making positive changes to their lifestyle.

### Where will my appointment be?

We are currently offering both online and in-person sessions which are held on the University of Huddersfield campus.

### What will happen at my first appointment?

During each appointment, you will meet with one or two of our health care students to talk about your health and wellbeing. Our students will help you to consider what goals you'd like to set to improve this. If you're unsure about what you'd like to achieve, they can assist you with identifying what's important to you, as well as supporting your confidence to achieve your goals. Usually, people identify one or two goals which can be in any area, but may include, sleep, managing stress, exercise, and staying healthy. Your goals are your decision and we will work with you to identify, plan and achieve them.

### What will happen at my next appointments?

During further appointments, we'll review how things are progressing with you towards achieving your goals. At each session there will also be a wellbeing check-in to see how you are feeling generally.

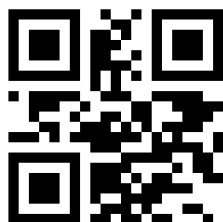
After your final appointment, we will talk to you about the next steps. This may include how you carry on working towards your goals and where you could link in with groups and activities in your local area. We will also provide you with a summary of your plan.

### What if I am a University of Huddersfield student and I know one or more of the students who are delivering the service?

All referrals and appointments with Get Set Goal are confidential, however, if you personally know the health care student you have been assigned to support you, you can request to be supported by someone else in the team.

Appointments will generally be offered Monday to Friday, 10:00 – 15:00 excluding bank holidays.

Find out more or book onto a session:



[hud.ac.uk/gsg](http://hud.ac.uk/gsg)



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