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 virtual/online and telephone sessions only. There are plans to offer face-to-face sessions soon.

What will happen at my first appointment?
During each appointment, you will meet with one or two health care students to talk about your health and wellbeing. The students will help you to consider what goals you would like to set to improve your health and wellbeing. If you are not sure what you would like to achieve, they can help you to make some choices about what is important to you and help you to develop the confidence to achieve your goals. Usually, people identify one or two goals. Your goals can be in any area, for example, sleep, managing stress, exercise, and staying healthy. Your goals are your decision and we will work with you to plan and achieve them.

What will happen at my next appointments?
During further appointments, we will 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.

For more information or to book an appointment, please email GetSetGoal@hud.ac.uk
Appointments will generally be offered Monday to Friday, 10:00 – 15:00 (excluding Bank Holidays)