

Health and Wellbeing Coach

Who is your Health and Wellbeing Coach?



The Health and Wellbeing Coach for Tilehurst PCN is Adam Reynolds.

He has a background in Health and exercise sciences and experience working with individuals in clinical and non-clinical roles – particularly those with long term conditions such as cardiovascular disease and chronic respiratory conditions.



What is Health and Wellbeing Coaching?

‘Health & Wellbeing Coaches can help patients to make positive, long-lasting lifestyle changes to improve their wellbeing and overall health by focusing on what matters to them’

What Goals can Health and Wellbeing Coaching help you achieve?

- Reduce Weight
- Improve Diet
- Adopt a more active lifestyle
- Reduce stress and improve low mood
- Manage chronic health conditions through lifestyle behaviours
- Make healthier lifestyle choices regarding smoking and alcohol consumption

People this service may be suitable for:

- Living with, or at risk of a long-term health condition such as diabetes, hypertension, cardiovascular disease, chronic muscle and joint pain and chronic respiratory conditions.
- Those who are looking for more support changing lifestyle behaviours such as improving diet or increasing physical activity levels.

This service is not suitable for:

- Those under 18 years of age
- Requiring specialist dietary advice and / or clinical input.
- Suffering with an eating disorder
- Suffering with Dementia / Alzheimer’s
- Physically dependent / addicted to drugs or alcohol

For more information or to self-refer into the service send your name and contact number to **srccg.pcn.health&wellbeing@nhs.net**