

# The positive lifechanging impacts of a Lifestyle Health and Wellbeing Programme

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Before we go any further.....  
let us tell you a story.

# The challenge.

1

1%

of chronic diseases are linked to lifestyle habits

# Our mission.

Different backgrounds, shared values.  
Community and collective change.  
Partnership working.  
Innovation.  
Doing things differently.



The Lifestyle Health and Wellbeing Programme was a comprehensive nine-week initiative delivered in Pembrokeshire from January to March 2025.

It aimed to promote healthier living through the six pillars of Lifestyle Medicine: nutrition, physical activity, sleep, stress management, avoidance of harmful substances, and positive social connections.

# Lifestyle Medicine Service Objectives

- Encourage participants to think differently and make changes to their lifestyles, recognising that they may be choosing unhealthy behaviours.
- Empower individuals with confidence and knowledges around healthy lifestyles.
- Promote problem solving and peer support amongst the participants supported by group health coaching.
- Prevent conditions from worsening through preventative measures.
- Foster sustainable change, accountability and motivation.



getfit

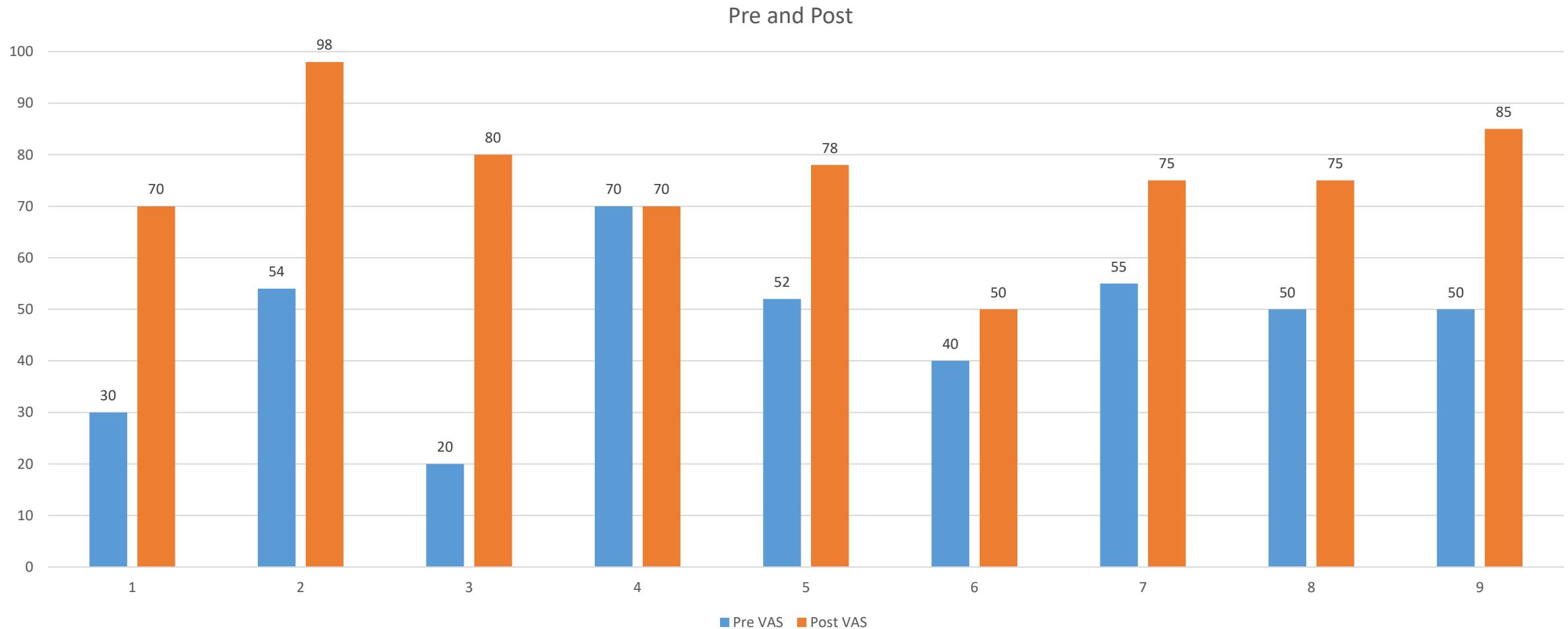
# Who is it for?



## Programme overview:

- Participants: 9 individuals (8 female, 1 male), aged 37–67, all self-referred from a pool of 44 applicants.
- Structure: Six themed group sessions, three 1:1 consultations, and access to Pembrokeshire Leisure facilities.
- Delivery Team: Included Clinical Leads (GP and Nurse), Health Coaches, a Community Connector, and third-sector workshop providers.
- Funding: Small funding packet from the Regional Integration Fund; significant in-kind contributions from staff and partners.

# EQ5D and VAS Score for 9 patients



# Participation feedback

*"[I] really enjoyed the course and found that it has given us the kick needed to focus again on my personal health."*

*"I experienced again things I haven't done in years. I attended with my wife, we both enjoyed it and have made new friends as well, who we have met outside the group."*

*"The course was the springboard I needed to get my health back on track. My life has changed immeasurably"*

# Reflections

## Strengths:

- Strong peer support and group cohesion, continued support post programme.
- Effective use of leisure centre facilities, 86 attendances across various classes.
- High participant motivation and engagement.
- Valuable contributions from Community Connector, and Health Coaches.
- Positive feedback from participants and staff. Many report improved physical and mental health.

## Areas for improvement:

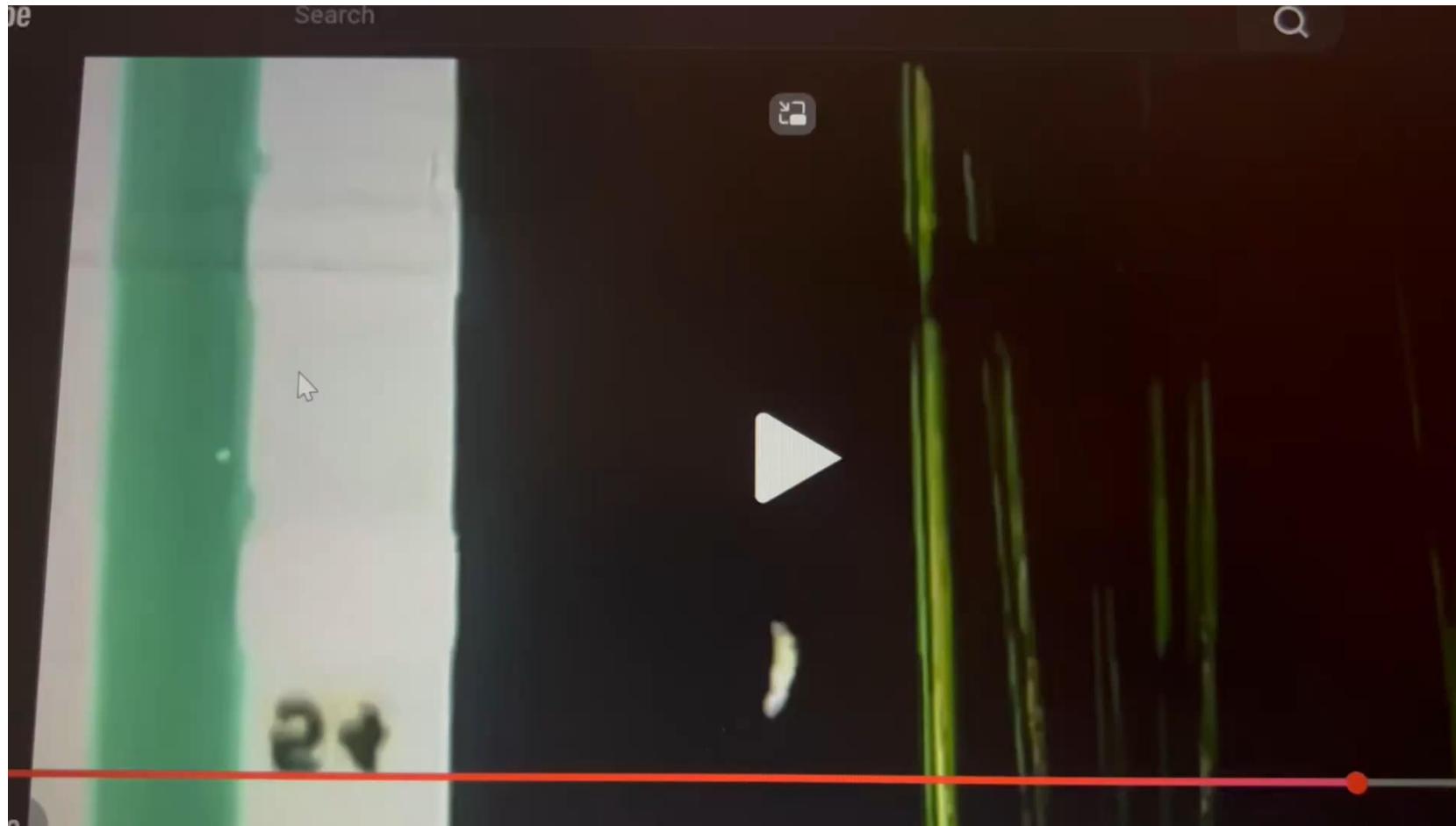
- Further develop educational content to give more depth.
- Reordering of session topics.
- More time for health coaching sessions.
- Continued refinement of participant onboarding.
- Need for more administration support
- Enhanced communication and resource provision.
- Friends and family passes to support ripple effect.
- Develop cross team communication tools.
- Secure sustainable funding and establish a dedicated delivery team.

# Model of Opportunity

- Workplace Wellbeing - Implementing lifestyle medicine can increase job satisfaction, staff health and reduce burnout.
- Interest from specialist groups – Oncology, Prehabilitation, Pain management, Emotional Wellbeing Services, Youth work.
- Hybrid and digital delivery.



# Abi's Story



[Abi's Story - YouTube](#)

# Thank you

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