

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%

of chronic diseases are
linked to lifestyle habits

Our mission.

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



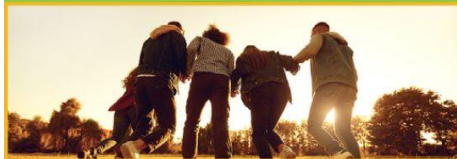
The Six Pillars of Lifestyle Medicine



Healthy Eating



Mental Wellbeing



Healthy Relationships



Physical Activity



Minimising Harmful Substances



Sleep

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.



Who is it for?

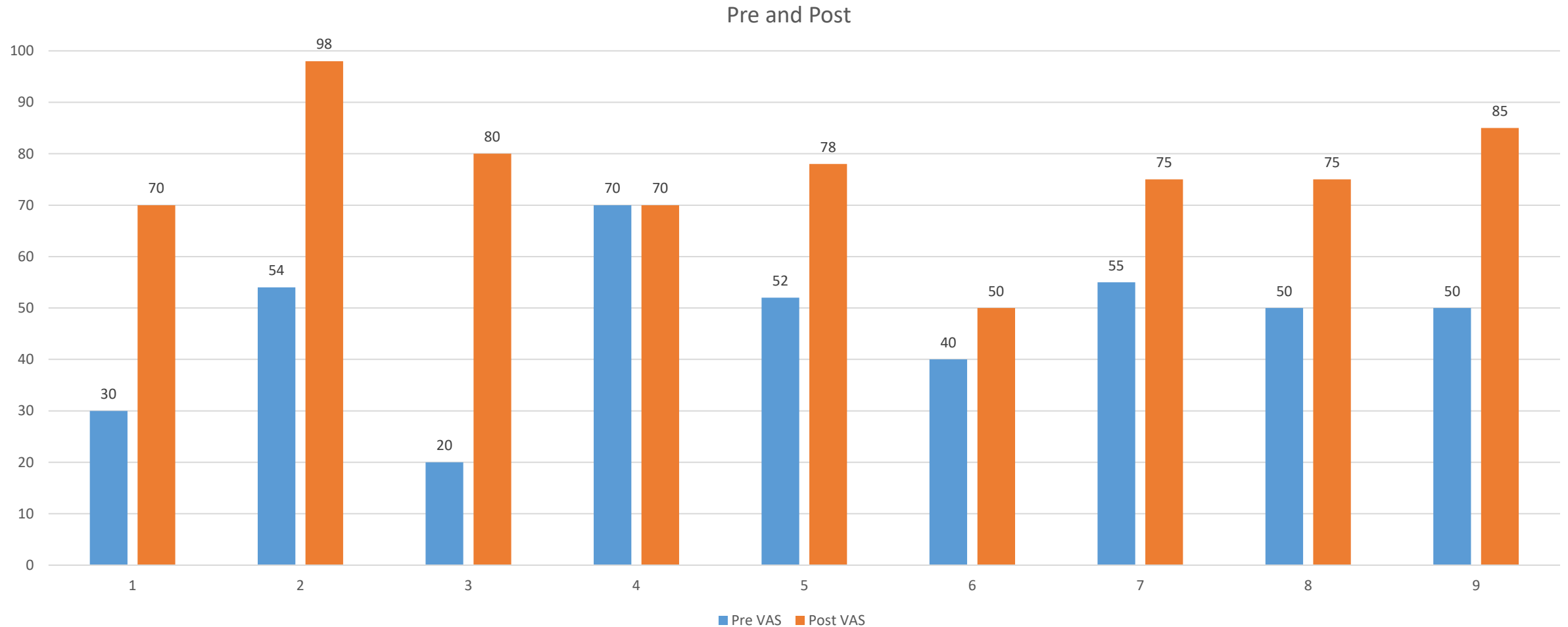


Programme overview:

- 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.

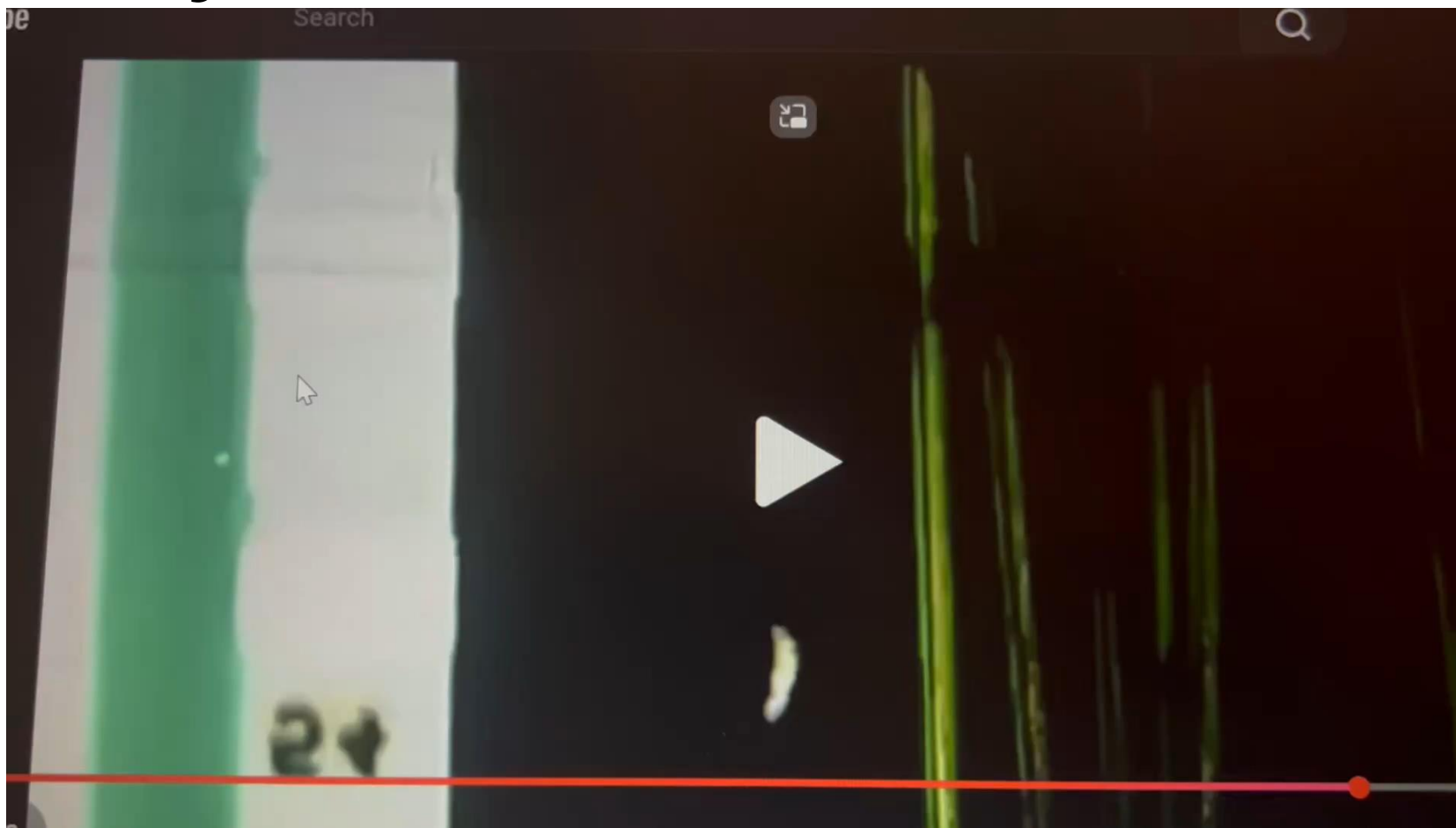


Model of Opportunity

- 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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