



Taunton Road Medical Centre

12-16 Taunton Road, Bridgwater, Somerset. TA6 3LS

Telephone: 01278 720000

Prescriptions: 01278 720005

Website: www.trmc.co.uk

GP Partners: Dr E Morton, Dr H Smallwood, Dr R Potts, Dr R Cutlan, Dr C Skeates, Dr M Howell, Dr S Akhtar, Dr A Patel

Practice Manager: Mrs T Pike

Salaried GPs: Dr L Bell, Dr C Morris, Dr J Clark, Dr J Potts

Support from your Health and Wellbeing Coaches

I am writing to you because we believe that you could benefit from working with a Health and Wellbeing Coach as part of your healthcare team.

While people with long term health conditions often understand that “moving more” could improve their health, many are not confident in knowing what they can do, and how to start. The Health and Wellbeing Coaches are a new service, working with your GP to help patients like you overcome this problem.

Our Health Coach, Grace Fildes, can arrange an appointment where you can discuss your concerns with her and find safe activities that suit your interests. She will work with you to include healthy movement habits into your life in a way that works with your health needs. She will support you every step of the way, until you have the confidence to continue on your own.

Benefits of movement for people with chronic pain.

Regular activity is proven to protect our health in many ways. It can reduce your risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%. It is especially important for people with chronic pain because....

1. It keeps your joints moving well. If your joints are stiff or sore, gentle movement can give relief and restore the proper use of your joints.
2. It helps to keep your muscles strong. Strong muscles support your body and bones better, when you are stronger, you move and support your weight better, so you become less prone to injury. Staying strong makes you better able to deal with the physical demands of daily life, things like getting out of a chair or climbing the stairs get easier.
3. Staying active is good for your mental health. People with chronic pain can struggle with low mood or anxiety because it's difficult for them to live their life as they once did. Staying active can help boost self-esteem and make you feel like you're doing something to fight your pain and its effect on your life. Group activity is also a great opportunity to meet people and have fun.
4. Regular movement supports your natural pain-relief systems. Your body begins to respond better to painkilling signals when you are active regularly. You also are more likely to get a feel-good boost after an activity when it is part of your body's routine.

You can arrange an appointment with your coach by completing the form at this link:

<https://www.sasp.co.uk/forms/view/hwc>.

Alternatively you can contact us and ask that your contact details are passed on to Grace.

Yours sincerely,

Taunton Road Medical Centre

If you need this letter or information in another format, or if you need help communicating with us, please let us know. Examples include letters in large print or easy read format, or using a British Sign Language interpreter. If your needs change please let us know so that we can update your record