



# Taunton Road Medical Centre

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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

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## Support from your Health and Wellbeing Coaches

Everyone generally understands 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 can arrange an appointment where you can discuss your concerns with them and find safe activities that suit your interests. They will work with you to include healthy movement habits into your life in a way that works with your health needs. They will support you every step of the way, until you have the confidence to continue on your own.

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%. Many people have put on a bit of weight over the last 2 years and it is easier to change things to address this sooner rather than later and reduce the risk this can pose.

Moving more also:

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. It also 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.
2. Staying active is good for your mental health. Staying active can help boost self-esteem. Group activity is also a great opportunity to meet people and have fun.
3. 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