

We're here to help you

Health and Wellbeing Coaches
are part of your general
practice team

We can help by:

- providing coaching support to help you manage your condition
- working with you to identify your health and wellbeing goals
- signposting you to helpful resources and peer support groups.

Talk to the reception team to
find out more.



Your
health
matters

Help us
help you

Gareth Dixon
Health and
Wellbeing Coach