



Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



Hywel Dda University Health Board;

South Pembrokeshire Cluster; Healthy Lifestyle Adviser

Project Lead; Contacts; Lucie Whelan LDM for the South Pembrokeshire Cluster

Rationale; The practices that form the cluster identified the need for a key supporting role to enhance the health improvement activity within the participating practices.

Project Details; The role of the Healthy Lifestyle Advisor is to manage a caseload of clients who require support to make changes to their lifestyle that will improve their health. The Adviser will work across General Practices within the South Pembrokeshire Cluster for a period of two years (April 2016 – March 2018). The Adviser will support the client (and their family where appropriate) to make positive and sustained changes towards healthier lifestyle choices.

Additional support will be provided to patients around improving their physical health and activity levels, mental well being in order to support healthy ageing. The Adviser will also work within a supervised framework to provide additional opportunistic behaviour change support to members of the public identified by colleagues within the GP Practice. Where the GP Practice has a Lifestyle Advocate, the Adviser should link in to provide additional advice or support to patients identified by the Advocate as being interested in making a lifestyle change.

Intended Outcomes; No information available

Partners; Five GMP's within South Pembrokeshire; Hywel Dda UHB; PHW

Time-frame; April 2016 – March 2018

Future Development Planned; No information available

Commissioning / Funding; South Pembrokeshire Cluster / PHW

Evaluation / Reporting; Report to South Pembrokeshire Cluster every 3 months

Supporting Documentation;



Healthy Lifestyle
Advisor Narberth.doc



protocol doc 1.docx



HLA Leaflet Proof
eng 2.pdf



HLA Poster Proof
3.pdf



Acknowledgement; Rachel Pompa; Head of GMS Hywel Dda UHB

Project Status; This is a South Pembrokeshire based project across five practices centred on Narbeth. Cluster funding supplemented by grant from PHW UNTIL March 2018. Reports are submitted to the cluster every 3 months and a project evaluation has been started

