



Seisdon PCN

Get active

Physical activity reduces your risk of long-term illnesses and improves your mental health and wellbeing.



Get enough sleep

Quality sleep helps improve cognitive function, memory, mood, and reduces your risk of many illnesses.



About Us

The practices operate independently but work together within the PCN to connect with other local practices, voluntary services, mental health services, social care, hospitals and pharmacies.

It is within the best interests of the local population to work collaboratively within these groups to help improve access and ensure a more diverse skill mix through the recruitment of additional roles such as Pharmacists, Paramedics, First Contact Physiotherapists, Health and Wellbeing Coaches and Social Prescribers.

This helps to make sure that patients are seeing the right person, at the right time and are getting the correct support, improving the overall quality of patient care. The PCN can help with increasing demand on Primary Care through the use of these specialist roles.



Seisdon PCN is made up of:

- Care Coordinators
- Nursing Associate
- Mental Health Practitioner
- Health and Wellbeing Coach
- Dietitian
- Pharmacist
- General Practice Assistant
- First Contact Practitioner
- Social Prescriber
- Paramedics

Seisdon PCN invites you to... Live Healthy - Live Happy Health and Wellbeing Coach

Pain Management

Our Health and Wellbeing Coach now offers a pain management service, supporting you to improve your lifestyle despite your pain. Explore new ways to deal with the effects of pain on your life. This includes mindfulness, relaxation, gentle movement, and learning to pace yourself and avoid flare ups.



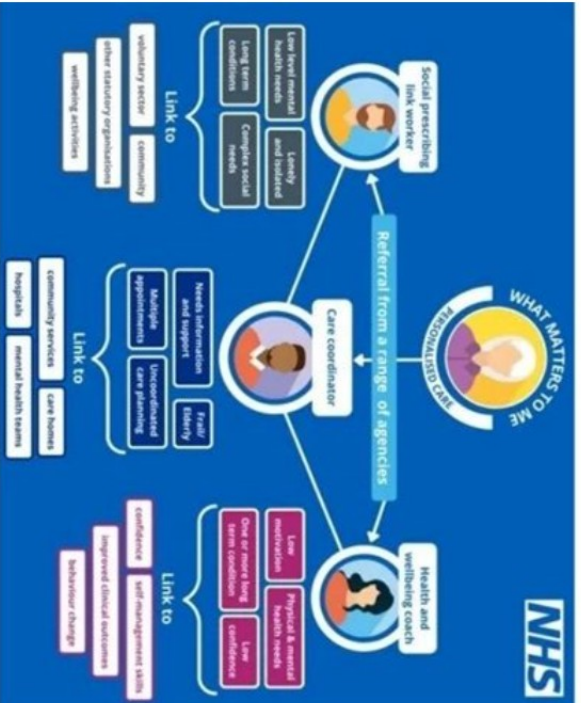
Seisdon Primary Care Network (PCN) is made up of 8 different GP Practices.

Billbrook Medical Centre
Claverley Medical Practice
Dale Medical Practice
Featherstone Family Health Centre
Gravel Hill Surgery
Lakeside Medical Centre
Russell House Surgery
Tamar Medical Centre

What can a Health and Wellbeing Coach help you with...

Personalised support

Helping you to improve your health through lifestyle modification and self-management, by setting purposeful goals that are meaningful to you



How to access the service

Ask to book a consultation with your Health and Wellbeing Coach at your surgery.

Do more with the NHS App!



NHS App



Seisdon PCN

Mental wellbeing

Mental wellbeing allows you to cope with life's stressors, make healthier choices, improve relationships, and reduce physical illness.



Health and Wellbeing Coach

Healthy relationships

Forming meaningful relationships gives us purpose and helps us to thrive.



Eating healthy food

Choosing healthy foods can help protect you from diseases such as diabetes, heart disease, and cancer. It also improves your physical and mental wellbeing.

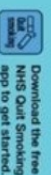


Supporting you to build positive habits one small step at a time

Public Health
Let's
do this

Quit Smoking Start Saving

Join the thousands of people who are quitting smoking.



Download the free NHS Quit Smoking app to get started.



NHS