Your New Service
Briefing Note

Introducing Reading and West Berkshire's New FREE Community Healthy Lifestyles Service

Helping people across Reading and West Berkshire make healthier choices with free, personalised support.

Our friendly lifestyle coaches offer practical advice and ongoing support to help people make positive changes that improve their health and wellbeing. The service is available across both Reading and West Berskshire.

Who is eligible?
People can access the service if they:

- Live within the Reading and West Berkshire area.
- Are registered with a GP practice within the Reading or West Berkshire area.

How can we help?
Making small, positive lifestyle changes today can have a lasting impact on future health. Our free service supports people to reduce their risk of preventable conditions such as heart disease, high blood pressure, type 2 diabetes, stroke and certain cancers.
Support is available from the 1st October 2026 to help people:

- Stop smoking.
- Achieve and maintain a healthy weight.
- Increase their physical activity.
- Reduce their alcohol consumption.

How can you help?
You can support the Live Well Service by:

- Encouraging colleagues, patients, friends and family to access the service.
- Sharing our resources, including posters, social media graphics and email content.
- Signposting anyone who is ready to make a positive lifestyle change to Live Well Reading and West Berkshire for free local support.

You can contact us or people can join the service via:
📞 0800 1223 972
🌐 livewellrwb.org
📧 info@livewellrwb.org

Together, we can help the people of Reading and West Berskshire live healthier, happier lives.

Service Delivered by...

ice leading behaviour change
icecreates.com

In partnership with...

Reading Borough Council
Working better with you

West Berkshire Council