



NATURAL MANNA®

An Introduction to Jan Walker – Nutritional and Wellbeing Specialist

Professional Qualifications:

**Diploma [BSc equiv] in Psychological Counselling [UNISA]
Diploma [BSc equiv] in Nutritional Science [UNISA]
Diploma in Advanced Nutrition – SNHS [International Accreditation]
Diploma in Obesity Management – National Obesity Forum
b-Eat accredited Eating Disorders Counsellor
OCN/Ofqual Accredited Trainer**

Professional Appointments:

**Counsellor/Facilitator – SADAG, Durban Chapter
Chair – Mental Health Users Forum
Advisory Board Member – b-Eat and b-Eat Cymru
Advisory Board Member – BID Dance 123 with South Staffs NHS and Newcastle under Lyme College
Vice Chair – Long Term Conditions Alliance
Assessor with Betsi Cadwaladr University LHB Education Programme for Patients
Advisory Member – All Wales Eating Disorder Special Interest Group
Board of Trustee Member – Anglesey Good Gifts
Trainer – Sigma Training with Highfield Awarding Body for Compliance
Mentor – PRIME Cymru
Bangor University – Tutor/Lecturer in Personal Development**

General:

We all know that a healthy population is a happy one so in addition to the clients I consult with through my private nutrition and wellbeing consultancy I believe the most important work I undertake is with larger private and public organisations and companies in helping the wider public make healthier choices in their lifestyles. As the incidence of obesity and mental health problems is increasing so is the potential risk for future health problems of the whole nation.

I support and agree fully with the Welsh Assembly and the UK Governments' health initiatives such as Change4Life but feel that these could better be delivered within some of the communities and feel that some of the public funding is largely wasted on establishing and administering these. It is for this reason that a large part of my awareness raising activities involves writing health articles for the media, delivering radio interviews, giving talks and presentations to many organisations, ad hoc lecturing to final year Social Work students, carrying out health checks at Companies, etc. in order to reinforce information to enable public engagement and understanding of the changes they need to consider making for improved physical, mental and social health.

By informing and educating those charged with delivering services the initiatives' success will be far-reaching thus ensuring efficient utilisation of public funding and positive outcomes for all concerned.

For more information on the work I have done or am currently involved with please don't hesitate to contact me on the details below:

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