

Useful Contact information

Age UK (Worcestershire and Ross)

W: www.ageuk.org.uk/herefordshireandworcestershire/

T: 0800 008 6077 E: referralhub@ageukhw.org.uk

Age UK (Leominster)

W: www.ageuk.org.uk/herefordandlocalities/

T: 0333 0066 299 E: contact@ageukhl.org

Age UK (Malvern)

W: www.ageuk.org.uk/worcester-malvern-hills/

T: 01684 560666 E: Via online form

Citizens Advice Herefordshire

W: www.herefordshirecab.org.uk

T: 0344 826 9685

E: advice@citizensadviceherefordshire.org.uk

Citizens Advice Worcestershire

W: citizensadviceworcester.org.uk

T: 0808 278 7891 E: advice@citaworcester.org.uk

Herefordshire Council, Adult Social Care

W: www.herefordshire.gov.uk/social-care-support/contact-adult-social-care

T: 01432 260101

E: ASCAdviceandReferralTeam@herefordshire.gov.uk

Worcestershire Council, Adult Social Care

W: www.worcestershire.gov.uk/adultsocialcare

T: 01905 768053 E: Via online form

Talk Community, Herefordshire

(Wellbeing information and signposting)

W: www.talkcommunitydirectory.org/

T: 01432 260027 E: info@talkcommunitydirectory.org

Wellbeing Hub, Worcestershire

(Information on a wide range of voluntary and statutory services)

W: worcestershire.wellbeinghub.org.uk/

T: 01905 766124 E: WHCNHS.wellbeinghub@nhs.net

East Primary Care Network Surgeries

Colwall Surgery

colwallsurgery.co.uk

01684 540323

Cradley Surgery

cradleysurgery.nhs.uk

01886 880207

Ledbury Health Partnership

ledburyhealthpartnership.com

01531 825925

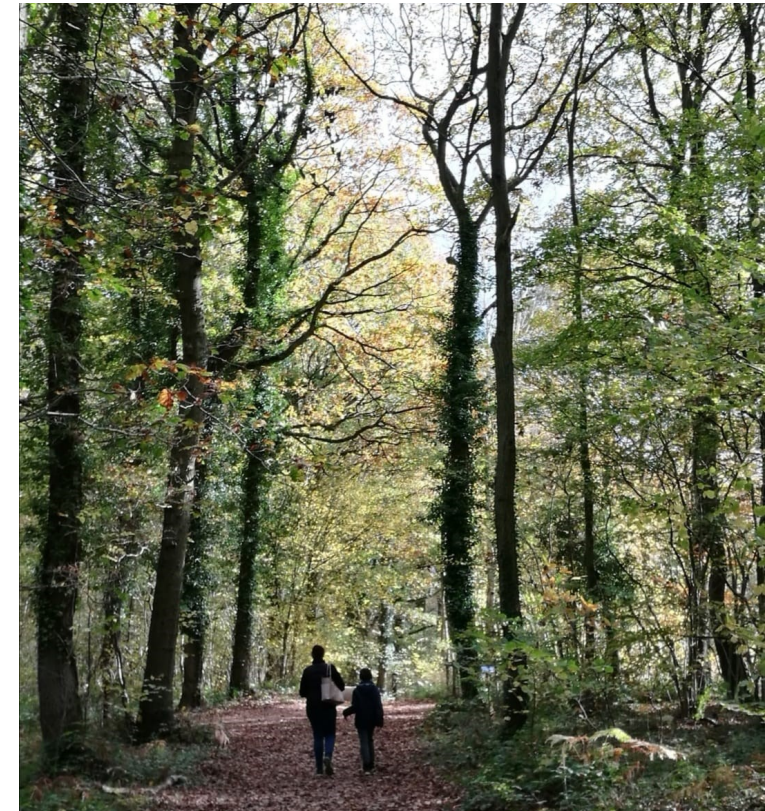
Nunwell Surgery

nunwellsurgery.co.uk

01885 483412

EAST PRIMARY CARE NETWORK

Wellbeing Service



Information for patients



Produced by Taurus Healthcare on behalf of
the East Primary Care Network
herefordshiregeneralpractice.co.uk
01432 270636
enquiries@taurushealthcare.co.uk

If you would like to receive this information in an
alternative format (for example large print or easy read)
please email comms@taurushealthcare.co.uk

Front cover image courtesy of Crista Gaunt

July 2022



What is Wellbeing?

A sense of wellbeing means feeling happy and healthy and satisfied with our lives. It means having a sense of purpose, living independently and feeling in control.

However, for many reasons, there may be times when we lose this positivity. Instead, we may feel isolated or lonely, over-burdened with life's challenges or have simply lost our zest for life.

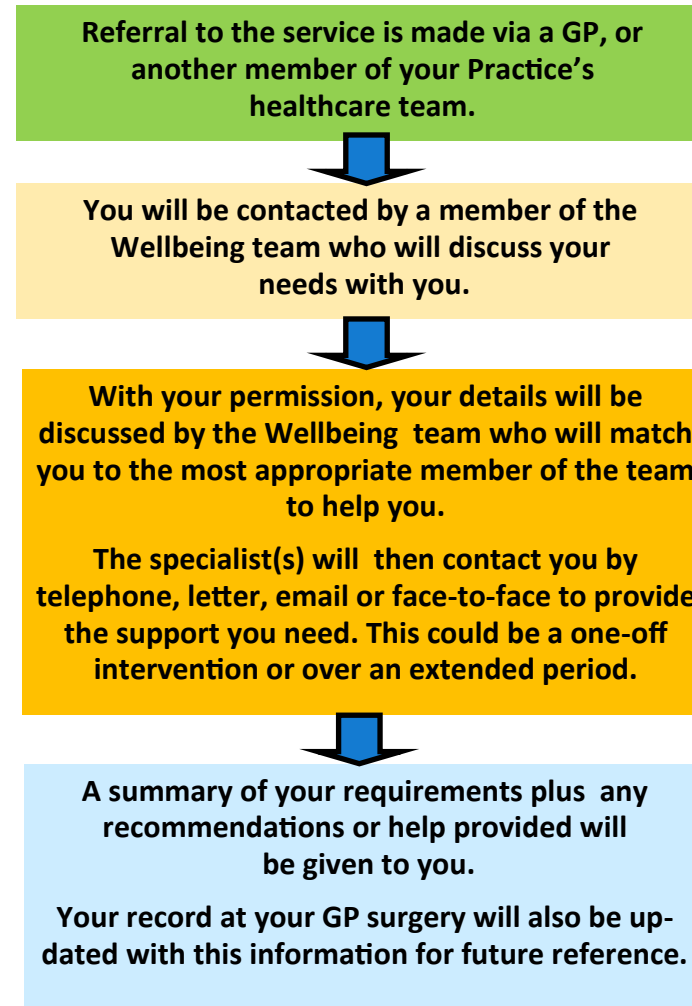
If this describes you, then this new service from the East Primary Care Network, may be able to help.

How can the Wellbeing Service help me?

There are a number of ways in which the Wellbeing Service may be able to help you:

- ☑ By supporting you to make the right, positive choices about your health and lifestyle.
- ☑ By guiding you towards activities and opportunities that are of interest to you in your neighbourhood. These could help you to feel more part of your community.
- ☑ By working with you to set and achieve personal goals that are right for you.
- ☑ By helping you to build your personal resilience and confidence levels and to become more independent in your home.
- ☑ By supporting you to manage long-term health conditions more effectively.
- ☑ By offering support to family members who care for you - or support to you if you are a carer of a family member.

How Can I Access the Wellbeing Service?



The Wellbeing Team comprises a number of different healthcare professions. For example, there are Social Prescribers, an Occupational Therapist, Health and Wellbeing Coordinator and Care Coordinator.

Who you will be referred to depends upon your situation and **what matters to you**.

Is the Wellbeing Service Right for Me?

If any of the following apply to you, you may benefit from being referred to the Wellbeing Service

	✓
I am not feeling confident any more	
I want to improve my health/diet	
I am feeling very lonely and/or isolated	
I am struggling to cope with my caring responsibilities	
I would like to be more independent in my home	
I am worried about my family member who's looking after me	
I want to feel more a part of my community	
I have a long term health condition and am seeking community support	
I am interested in volunteering	

Before you ask to be referred to the Wellbeing team, it may help to think about 'What matters most to you?'

