

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

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 260101 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

North and West Primary Care Network Surgeries

Kington Medical Practice
kingtonmedicalpractice.co.uk/
01544 230302

The Marches Surgery (Leominster)
www.marchessurgery.co.uk/
01568 614141

Mortimer Medical Practice (Leominster)
mortimer.gpsurgery.net/
01568 708214

Tenbury Wells Surgery
www.tenburysurgery.co.uk/
01584 810343

Weobley and Staunton-on-Wye Surgeries
www.weobleyandstauntonsurgeries.nhs.uk/
Weobley: 01544 318472
Staunton: 01981 500227

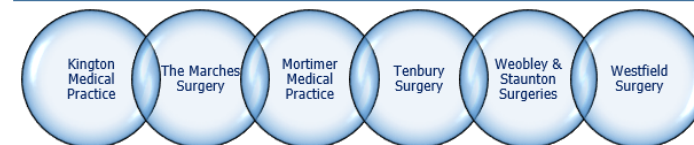
Westfield Surgery (Leominster)
www.westfieldsurgeryleominster.co.uk/
01568 612229



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the North and West Primary Care Hub
www.herefordshiregeneralpractice.co.uk
01432 270636
enquiries@taurushealthcare.co.uk



North and West Primary Care Network



Wellbeing Service



Information for patients



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.

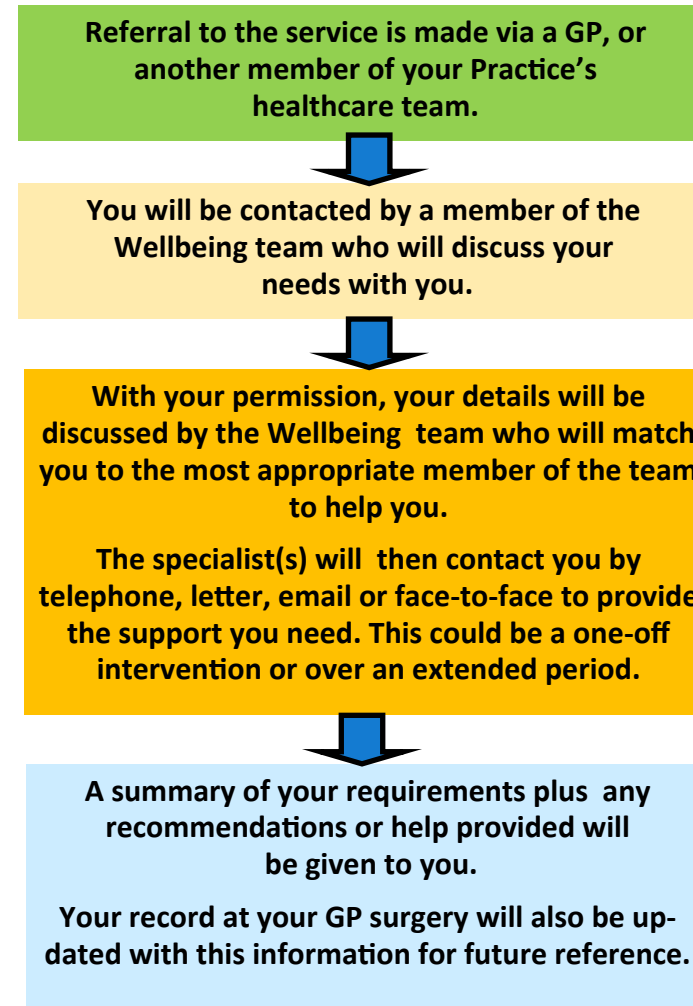
If this describes you, then this new service from the North and West Primary Care Network, may be able to help.

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 is an Occupational Therapist, Health and Wellbeing Coach and Social Prescriber.

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?

