

# Wellbeing Service

- Are you aged over 18?
- Do you sometimes lack motivation, feel isolated or lonely?
- Are you struggling with a health condition or your general wellbeing?
- Have you noticed any recent changes in your health, or needed to make changes to your life?

## We offer a 12-week programme personalised to your health and wellbeing

- A person-centred support plan to help you reach your goals.
- Advice, information and support on a range of lifestyle issues.
- Intervention and support for low-level mental health and emotional difficulties.
- Support to access activities including local clubs, groups and events.
- "Walk and Talk" with your advisor to support you becoming more active from your own home.



# Wellbeing Service

## How can we help?

Opportunities to 'Walk and Talk' with one of our advisors

Support to access social opportunities within your local community to reduce isolation

Identification, support and referrals as appropriate to support daily life including housing support and money advice

Identification, intervention and support for low-level mental health and emotional difficulties

Advice, information and support on lifestyle issues such as nutrition, smoking and alcohol use

“ I was listened to and spoken to with respect. I felt my Wellbeing Advisor took good care of me during our Walks and Talks. She encouraged me but also made sure I stopped when I needed to. She understood me and she came with me and introduced me to different groups. I have made lots of different friends and now feel part of the community. ”

“ My Wellbeing Advisor was very understanding and considerate to my needs and tried every possible avenue to help. She was excellent in all regards and gave me all available resources and tools to help me cope with how I was feeling. ”

“ My Wellbeing Advisor gave me all the knowledge and support, as well as the guidance to direct me to the right people and services for my benefit and best interest. She showed me several action plans and motivations that contributed to my wellness and gaining back my confidence. She taught me several strategies on how to cope with stress and manage anxiety. I thank her so much that she came along at a low point in my life, who genuinely listened and understood what I had been through in life. I'm so thankful and will never forget that experience. ”

