

## **What we do**

Ways to Wellness Link Workers offer free non-medical support to complement your GP's work. We have time to listen to understand what matters to you. Working together, we can support you to feel more confident and develop your skills or knowledge so that you can make improvements in life areas that can enhance your health and wellbeing.

## **Examples of life areas**

We work holistically and can support you with a broad range of life areas, including but not limited to: -

- Getting involved with local groups and activities
- Developing positive relationships / connections
- Accessing specialist services and support
- Healthier eating
- Getting more active
- Exploring healthier lifestyle choices
- Support around housing and benefits
- Developing habits to improve your mood

## **Are you eligible?**

Patients from Elswick Family Practice from **30-74** with one, or more, of the following conditions:

*Diabetes - COPD - Asthma - Heart Disease - Epilepsy - Osteoporosis*

## **How you can find out more.**

Your GP or nurse may refer you

A WtW Linkworker may call you to offer the service

Or YOU can refer yourself by asking at GP reception or calling us on 0191 4329832 - leave your name, number and which GP surgery you are with and we will call you back.

Best wishes



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