

Health & Wellbeing Team

**Our team can help
improve your health
and wellbeing**



The Health & Wellbeing Team offer a holistic, non-judgmental approach by focusing on what matters to you.

Social Prescribing and Health & Wellbeing Coaching are short-term NHS services that provide the kind of help that doesn't come in a tube or bottle.

The team can give you the time to talk about what's affecting your health and wellbeing. This is done at your own pace to help you find the tools to make positive changes.

We cover Albany Surgery, Bovey Tracey & Chudleigh Practice and Kingskerswell & Ipplepen Health Centre.

Social Prescribing

Social prescribing helps to improve health and wellbeing by connecting you to activities and services in your community.

Social prescribing could help if:

- you are feeling lonely or isolated
- you are living with mild to moderate anxiety or depression
- you would like to be more active
- you have financial, employment or housing worries
- you have caring responsibilities
- you are facing family or relationship issues



If you are experiencing low motivation which prevents you making positive changes to your health and wellbeing, then coaching may be for you.

Health & Wellbeing Coaching could help if:

- you are living with, or at risk of developing, a long term health condition and would benefit from making some changes
- you would like support in setting lifestyle goals, such as healthy eating and exercise
- you are struggling with anxiety, low mood or stress which interferes with your daily life
- you are feeling 'stuck in a rut' and would like support in setting goals around future choices



Feedback from our patients:



*"You had time to listen to my situation and encouraged me;
this built my confidence greatly"*

"I'm meeting my steps target daily, drinking more water and I'm feeling much more positive and motivated"

"These sessions have given me the space to focus on what I want to achieve"

"You guided me in the right direction, rather than telling me what to do"

"The support is making a massive difference. I've found what works for me, and now I know that I am worth it"

"I have become the person that creates my own happiness"

"The information you gave really helped, it wasn't a one-size fits all approach"

"You had time to listen to my situation and maintained an encouraging, practical approach throughout. This built my confidence greatly"

How to contact the Health & Wellbeing Team

Our team covers Albany Surgery, Bovey Tracey & Chudleigh Practice and Kingskerswell & Ipplepen Health Centre.

Use this link d-icb.nwwellbeingteam@nhs.net to email us.

You can also request a referral from any member of staff at your GP surgery.

Albany Surgery

01626 334411

Bovey Tracey & Chudleigh Practice

01626 832666

Kingskerswell & Ipplepen Health Centre

01803 874450