

## **Living Well Team**

A non-clinical team, who support patients aged 18+

We aim to give you the control over your own health & wellbeing, by exploring opportunities in your community and with other health care professionals to improve, social, emotional and physical wellbeing.

## **GP Surgeries Covered:**

Rowden, Hathaway, Lodge, Porch & Box

Please contact us directly by or via your GP

**Tel:** 01249 470703

Email: bswicb.livingwell.hathaway@nhs.net

## Some of the things we can support with

- Community Presence & Inclusion
- Support to Access Community Groups
- Active Health
- Health & Wellbeing
- Carer Support
- Basic Support with benefits & debt
- Dementia Support
- Low-Level Mental Health
- Depression & Anxiety
- Social isolation
- Addiction
- Bereavement
- Affordability
- Age UK Support