

How do I access the service?

It's simple. You can talk to your GP, healthcare professional or surgery staff and one of our team will contact you. You can also get in touch directly:

Tel: **01539 777364**

Email: **Lscicb-mg.camhub@nhs.net**

Twitter **@gplinkworker**

Facebook: **Carnforth & Milnithorpe PCN Wellbeing Hub**

Who is it for?

Our service is available to patients registered at either GP practice within Carnforth & Milnithorpe Primary Care Network:

- Ash Trees Surgery
- Park View Surgery



Wellbeing Hub

Carnforth & Milnithorpe
Primary Care Network

Your GP isn't the only person who can help you feel better - you can improve your health and wellbeing by meeting with a Social Prescriber or Health & Wellbeing Coach.

What is social prescribing?

We know that taking care of your health involves more than just medicine.

That's where social prescribing comes in. It starts with a conversation. It might be the conversation you've just had with your doctor. Or with another person in the practice team. They can refer you to our social prescribing team.

We will contact you and spend time with you exploring what activities and/or local support could improve your health and wellbeing.

You can consider the benefits of participating in them, and we will assist and support you to plan your next steps.

What support can I get?

Our team can help you with a range of issues including:

- Social isolation
- Loneliness
- Emotional wellbeing
- Healthy lifestyle choices
- Getting out and about
- Life changing events such as birth, retirement, bereavement
- Long term health conditions
- Loss of confidence/purpose
- Poor health linked to housing or housing conditions
- Accessing work training and volunteering

What are the benefits?

- Improve your mental and physical health
- Meet new people
- Learn a new skill or participate in a new activity
- Increase self confidence and self-esteem
- Better quality of life
- Get involved in your community

Does it cost anything?

No, our service is free.

