

Useful Contacts

NHS

- **Ash Trees Surgery:**
01524 720000
- **Park View Surgery:**
01539 761225
- **NHS Non-Emergency Medical Support:**
Call 111

Health & Community

- **CancerCare Lancaster:**
01524 381820
- **Bay Volunteers:**
01524 841941
- **Lancashire LGBT Support:**
07788 295521
- **Inspire (Drug & Alcohol Support):**
08081 698 673

Mental Health Support

- **Call or visit NHS 111 online.**
For urgent, non-emergency mental health needs:
- **First Steps Hub (Cumbria):**
0300 555 0345
- **Samaritans:** 116 123
(Free, 24/7)
- **Lancashire & South Cumbria Talking Therapies:**
0300 555 0345
- **Mental Health Crisis Line (Lancashire & South Cumbria):**
0800 953 0110 (24/7)
- **Wellbeing & Mental Health Helpline & Texting Service.**
Freephone: 0800 915 4640 or Text: 'Hello' to 07860 022 846

Carer Support

- **Carers Support Lancashire:**
0345 688 7113
- **Carers Support South Lakes:**
01539 815970

Memory Support

- **Alzheimer's Society:**
0333 150 3456
- **Dementia Connect Support Line:**
020 8036 5400

Safety & Housing

- **Lancaster Home Improvement Agency:**
01524 582257
- **Progress Lifeline:**
0333 320 4999
- **Fire & Rescue – Home Safety Checks**
Lancashire: 0800 169 1125
Cumbria: 0800 358 4777
- **Citizens Advice**
North Lancashire: 01524 481508
South Lakes: 0808 278 7984 or 015394 46464

General Support

- **Age UK**
Lancashire: 0300 303 1234
South Cumbria: 030 300 30003
- **The Silver Line:**
0800 470 8090
Free confidential support for older people, available 24/7, 365 days a year
- **Lancashire Victim Support:**
0300 323 0085
- **Adult Social Care**
Lancashire: 0300 123 6720
South Cumbria: 0300 373 3300
- **Lancashire Adult Learning:**
0333 003 1717



The Wellbeing Hub

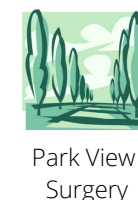
Carnforth & Milnthorpe
Primary Care Network (PCN)

Contact Us

☎ 01539 761228

✉ Lscicb-mb.camhub@nhs.net

📘 Facebook: Carnforth & Milnthorpe PCN Wellbeing Hub



About Us

At the Wellbeing Hub, we understand that taking care of your health goes beyond medicine. That's why we're here to support your wider wellbeing.

Once referred, a member of our team will contact you to explore what matters most to you. Together, we'll look at activities and local support that could help improve your physical, emotional, and social wellbeing. You'll be supported to consider the benefits and plan your next steps in a way that feels right for you.

Who is it for?

Our service is available to anyone aged 18 and over who is registered with either Ash Trees Surgery or Park View Surgery.

Does it cost anything?

No. Our service is completely **free**.



The Wellbeing Hub Team

Our friendly and experienced team includes:

- **Social Prescribers**
- **Health and Wellbeing Coaches**

We work together to support your overall health and wellbeing, not just your medical needs.

What Kind of Support Do We Offer?

We're here to help with:

- Social isolation and loneliness
- Emotional wellbeing
- Healthy lifestyle changes
- Mental health support
- Increasing physical activity
- Navigating life changes (birth, retirement, bereavement)
- Managing long-term health conditions
- Loss of confidence or purpose
- Accessing work, training, or volunteering opportunities

What Are the Benefits?

- Improved mental and physical health
- Opportunities to meet new people
- Learn new skills or try new activities
- Increased self-confidence and self-esteem
- Enhanced quality of life
- Stronger connection to your community

Seasonal Wellbeing Sessions

We offer a variety of seasonal wellbeing programmes throughout the year, which may include support around healthy eating, physical activity, and building sustainable habits.

Our sessions are designed to help you improve your overall wellbeing in a supportive and encouraging environment.

