Here to help you get back on track

Introducing our Health and Wellbeing Service

Wokingham West Primary Care Network
Joining together health and wellbeing services at neighbourhood level, to help you get more out of life.
Our Health and Wellbeing Service

Health and Wellbeing Advisors are available to anyone aged 18 years and over who are experiencing any of the following:

- Wanting to improve their physical health
- Lacking in social confidence
- Feeling lonely or socially isolated
- Need help and support with practical issues
- Financial issues which are impacting their happiness
- Need help finding employment

Many things affect your health and wellbeing, however much of it is not fixed by something in a tube or a bottle. Our advisors are experts at knowing what services and organisations are available in the local area and will do all they can to put you in touch with the right people to get you back on track.

A few important things to know...

Our advisors are not a replacement for Social Services and are not medically trained so they will not be able to arrange medical appointments. They are not trained to complete paperwork or benefit forms, however they will ensure you are put in touch with the people who can.

Studies show that patients feel better faster than those treated with medicine alone.
Helping you access local community services to enable you to live better, healthier lives.

What Services are on Offer?

There are lots of resources, organisations and services in the area which can support you, however knowing exactly what you need and finding the appropriate help can sometimes feel like an uphill struggle. The Health and Wellbeing Advisors can help with meeting others, learning new skills, trying new activities, making positive lifestyle changes and provide the right sort of care and support that you need. They will give you relevant information and ensure you are connecting with the services that will best meet your needs. Not only that they will help you understand how you can maintain a better, healthier lifestyle in a way that feels both manageable and achievable. Putting you firmly back in control.
I would like a Health and Wellbeing Advisor to help me. What do I need to do next?

It's important to first discuss your situation with one of our clinical team who will be able to put you in touch with an Advisor. Either the clinician will contact them directly, or they will ask you to complete the form on our website. One of our advisors will then contact you to arrange a time to meet and discuss your needs in more detail.

Our advisors do not have a 'one size fits all' approach as they understand it's important to ensure that you receive the right level of advice and support to meet your needs. What happens after your meeting will vary from person to person, however they will always ensure you are aware of the next steps and what to expect.

It usually takes 3-6 months for most people to feel like they have got back on track and your advisor will be there to help you every step of the way. At the end, they will meet with you to discuss how it has gone and what you can do next. If you feel something else is of interest they will ensure you are given all the tools to continue on your new path.

Meet our Team

Ella Lloyd
Steve Olney

Online referral form:
www.brooksidegrouppractice.co.uk/healthandwellbeing