



## Community Wellbeing Advice Team

What can we help patients to access support with?

- **Money Matters (accessing debt support/benefit advice)**
- **Housing issues**
- **Accessing social groups in the local community**
- **Finding new hobbies and interests**
- **Linking in with employment/volunteering support.**
- **Linking in with family support services**
- **Support to access mental wellbeing support.**
- **Referring people to smoking cessation/ healthy eating/ physical activity support.**
- **Linking patients in with support for sleep management.**
- **Helping carers to access support.**
- **Linking with support for sexual abuse/ domestic abuse**

How can I book in to see a Community Wellbeing Advisor?

**The Community Wellbeing Advice Team runs clinics across different surgeries in the local area. Please speak to a member of your GP reception team who can look to book you in to speak to Beth, Nick or Ailsa at a convenient time, date and GP surgery for you. Please note that during this time we are offering telephone appointments only.**