

Goal and Gather



A friendly, welcoming group that comes together weekly to meet new people and enjoy activities including a quiz, wellbeing activities, motivating goal setting whilst enjoying a cuppa and a chat

Monday afternoons at Old Heathcoat School Community Centre

Healthy Me Programme

A six week programme looking at six pillars of health including healthy habits, food, movement, sleep, healthy connections and mindfulness and relaxation.



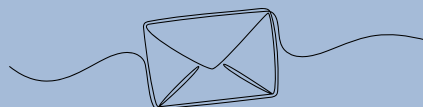
Thursday mornings at Old Heathcoat School Community Centre

Contact Us

To find out more or to self-refer



01884 210438 (Leave a message)



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To self-refer Scan me



Tiverton Wellbeing

Your local social prescribing service providing both one-to-one support and group activities.



A service for patients registered at:
Amicus Health Group (including Clare House Surgery, Bampton and Mid Devon Medical Practice) and Castle Place Practice

What is social prescribing?

Our Social Prescribers provide personalised one-to-one support for our patients. If you're going through a tough time, Tiverton Wellbeing is here to listen and provide practical advice. The team works collaboratively with GPs and other healthcare professionals, community and voluntary organisations, as well as other service providers in the area.

Signposting

We can signpost you to services that can help with:



- Employment, education, training and volunteering opportunities
- Housing, benefits and financial support advice
- Healthy living and weight loss support
- Social, hobbies and interest groups
- Therapy and support groups

Groups

We run a number of different groups locally, including:

- Goal and Gather Group
- Healthy Me Programme
- The HOPE Programme

How does it work?



1. At your appointment, we will help you explore what is important to your health and wellbeing and talk about any challenges you may be facing.
2. You will have time to talk about what matters to you. Everything we discuss will remain confidential, unless we have serious concerns about your ability to keep yourself safe, or we feel you may pose a risk to others. We would always talk to you about this first.
3. Your Social Prescriber may introduce you to local activities, services and organisations who could provide additional support.
4. Your Social Prescriber will also help you to identify ways you can help yourself in the future.

HOPE Programme

(Help Overcome Problems Effectively)

The 6-week HOPE Programme supports you to spend some time to focus on yourselves, to consider 'what is important to me?' and to prioritise your wellbeing. You will be welcomed into a group of people who are going through something similar to yourself and will be able to understand and empathise with the challenges you are facing. Over the six weeks, you will look at topics such as:

- Mindfulness
- Goal Setting
- Fatigue Management
- Stress Management
- Identify Personal Strengths
- Gratitude Diaries
- Dealing with Setbacks
- Challenging Unhelpful Beliefs
- Healthy Eating
- Physical Activity

Get in touch to find out when the next programme is due to start.

