

# Tiverton Wellbeing

## WHO WE ARE

We are your local social prescribers, here to support your patients with non-medical challenges that may be affecting their health and wellbeing. We offer groups and one-to-one support and can connect patients to local services, groups and resources.

## WHAT WE HELP WITH

- Employment, training and volunteering
- Housing and benefits advice
- Reducing isolation
- Accessing local groups and services
- Mental wellbeing

## GROUPS WE OFFER

### Goal and Gather

A weekly informal group with a fun quiz, creative activities and open conversation with an opportunity to explore and set wellbeing goals.

### Healthy Me

A six-week rolling programme focussing on six lifestyle themes: Habits • Food • Movement Sleep • Connections • Mind

### HOPE Programme

A six-week structured course to help patients focus on their wellbeing and build confidence. Topics include:

- Mindfulness and gratitude
- Goal setting and personal strengths
- Stress and fatigue management
- Challenging unhelpful thoughts

Runs based on demand.

## HOW TO REFER or for general queries

1. EMIS Referral - Social Prescribing button via vertical banner on left of screen in patient record.

2. Send an EMIS Task to joint Social Prescribing Team task box
3. Self Refer - Email: [d-icb.tivertonwellbeing@nhs.net](mailto:d-icb.tivertonwellbeing@nhs.net) Phone: 01884 210438 (leave a message)

