

Living Well Coordination Service



Your doctor isn't the only person who can help you feel better. There are many things that can affect your health and wellbeing, not only medical issues. When non-medical issues arise you may be referred to a Living Well Coordinator.

The Living Well Coordination Service aims to offer support with your health and wellbeing and can help to connect you to a range of services.

How we support you

A Living Well Coordinator's role is to help you to address the non-medical issues in your life that may be having an impact on your health and wellbeing.

Our main role is to connect you to appropriate forms of support from voluntary and community organisations, and sometimes from NHS and other statutory services. Where needed we can work closely with your GP practice, and other services involved in your care, in order to best support you.

We can speak to you on the phone or meet in person to:

- Discuss any issues you are facing
- Explore what is important for you
- Find local services and activities
- Give you support to access them

Services to help you feel better

We can help you access a variety of services which may include:

- Housing, benefits and financial support and advice
- Employment, training and volunteering
- Education and learning
- Healthy lifestyle advice and physical activity
- Arts, music, outdoors and creative activities
- Befriending and counselling services
- Emotional support groups (such as professional or peer-led support for specific circumstances or conditions)

Your Living Well Coordinator is:

name: _____

email: _____

telephone: 01434 600599

Adapt (NE), Burn Lane, Hexham,
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