

Living Well Service

Worcestershire



Creating quality choices for communities



The Living well service supports individuals and families to make lifestyle changes to improve their health and total wellbeing. Working in partnership with you and your local community

Head Office

> Independence Trust, 1 Mill Place, Bristol Road, Gloucester, GL1 5SQ

> Telephone 0345 8638323 > Email info@independencetrust.co.uk

> Website www.independencetrust.co.uk > **Part of the Herefordshire Housing Group**

What the Service Offers

The service offers realistic and practical support to help you to:

- Improve your diet
- Plan healthy meals on a budget
- Become more physically active
- Improve physical and emotional wellbeing
- Connect to community activities
- Get involved with the project and support others
- Access other services that can support you to reach your goals and ambitions
- Access support from peers and volunteers

How Does the Service Work?

The services are completely tailored to individual need and we can help you through;

- An individual assessment
- A co-produced action plan
- Working in partnership
- Building on your interests, desired goals and aspirations
- 1-2-1 appointments / Workshops
- Peer groups
- Onward referrals
- Groups in your local community
- Keeping you motivated

Our Team - Living Well Advisors

Your Living Well Advisor will work with you to carry out an assessment. They will help you to identify your strengths and build on these to reach your desired goals.

Together you will develop an action plan and review your progress on a regular basis.

Our Team - Community Connectors

Your Community Connector will support you to bring your action plan to life. They will support you to access activities within your community, such as exercise classes, cooking groups, community clubs and volunteering opportunities.

They will support you to reach your desired goals whilst building and maintaining local connections.

How Do I Get Involved?

There are many ways you can get involved. You can;

- Volunteer
- Become a Peer Mentor / Community Champion
- Support the development of activities within your community, including running community clubs

Is this Service for Me?

If you can answer yes to any two of the questions within the table, then you could benefit from our Living Well service.

If however you don't answer yes, or only answer yes to one question, then we can still support you by advising you of any other services in your area that can help to support your needs

	YES	NO
Are you over 16 years of age?		
Do you have a BMI (Body Mass Index) over 30+?		
Have you been recommended to improve your health or wellbeing?		
Are you pregnant, with a BMI of 30 or over?		
Do you live in;		
Wyreforest (Aggbrough/ Spennells, Areley Kings/Cookley or Horsefair/Broadwaters)		
Wychavon (Bengeworth, Droitwich central, Droitwich west, Evesham north and south, Harvington and Norton)		
Worcester (Warndon, Gorse Hill, Rainbow Hill, Cathedral, Nunnery and St Johns)		
Bromsgrove (Charford, Marlbrook and Sidemoor)		
Redditch (Batchley, Winyates, Greenlands, Abbey, Churchill central, Lodge Park, Matchbrough, Headless Cross and Oakenshaw)		
Malvern Hills (Chase, link and Pickersleigh)		

How to access the service

To access this service you can refer yourself or your GP / Health Worker can refer you, on your behalf. For anyone with a learning disability, aged 16 or above who have a Health Action Plan, you can be referred by your GP.

Contact us on:

Tel: 01905 675850
Email: livingwellhub@independencetrust.co.uk

We also run drop-in sessions in your community. For more information please visit our website www.independencetrust.co.uk or call us on 01905 675850

For GP's - you can refer to this service via email: independence.trust@nhs.net

If the Living Well service isn't for you then there are other ways of getting support using online services and useful websites:

Your Life Your Choice
www.ylyc.worcestershire.gov.uk

Change4life
www.nhs/change4life

NHS Choices
<http://www.nhs.uk/livewell>

Sports Partnership
www.morethansport.com

Worcestershire County Council
www.worcestershire.gov.uk