



**North Cumbria
Integrated Care**
NHS Foundation Trust

Wellbeing Service

Here to support you to improve your quality of life

The **Wellbeing Service** is part of your GP surgery, we are here to help you understand how your health or life circumstances could be affecting your wellbeing.

Our aim is to work together with you to;

- Find out what matters to you.
- Help you set and reach your goals.
- Support you to make changes to help you live well.
- Find other groups and services to support you, and reduce social isolation.

How you may be feeling

You may already have a lot of information about your health condition, or how to improve your well-being, however putting advice into practice can be far from easy.

Some people tell us they feel;

Fed up or overwhelmed

Stuck in a rut

Tired and exhausted

Like no one understands

How will we work with you?

- The Wellbeing Service works with your GP Practice Team to offer the best care for you.
- If you would like to have an appointment with one of our Living Well Coaches, please discuss this with your GP practice team to see if the service would be suitable for you.
- If the service is suitable for you, the Living Well Coach will contact you to make your first appointment.
- Your first appointment with a Living Well Coach will last for around 45 minutes at your local GP surgery, on the telephone or using a video call.

Wellbeing Groups

We are also running groups to support patients

These include:

Creativity

Men's Wellbeing

Healthy Lifestyle

Mood

Loss

Sleep

Worry

Menopause



For more information please ask your GP Practice Team or search for 'North Cumbria Wellbeing Service' on www.eventbrite.co.uk

What are the benefits of working with a Living Well Coach?

When you meet with your Living Well Coach, you will be working together with a trained coach to:

- ☑ Consider your current challenges
- ☑ Understand how you are currently managing
- ☑ Decide together on a plan to help improve your wellbeing and quality of life
- ☑ Access local support services e.g. Carers Groups, Benefit Organisations (with your agreement)
- ☑ Help you to think about ways to overcome barriers
- ☑ Support you to increase social connections
- ☑ Help you to look after your wellbeing
- ☑ Develop new skills/ways of coping



The Living Well Coach at The Lakes Medical Practice is

Lucy Fawcett