



# Living Well North Tyneside

Supporting Health and Wellbeing

Our Social Prescribing Service in Wallsend focuses on what matters to you, to support the development and maintenance of your health and wellbeing. We recognise that many things affect your health and wellbeing, and it's important to have space to explore this. Social Prescribing aims to support you to have more control of your own health and manage your needs in a way that suits you.

Our team work with Wallsend GPs and nurses to support people, often using information about local services such as:

- access to health information
- benefits or housing
- managing anxiety and depression
- combatting isolation
- finding it hard to leave the house
- accessing support groups
- improving diet and exercise
- volunteering
- accessing drug or alcohol support
- mental health services

We currently provide the following service within the team:

**Social Prescribing Link Workers** can work with you to establish what matters to you, and support you to make the changes in your life you would like to see. Our Link Workers can support you to identify services that you may benefit from accessing, supporting you to make these connections. For example, local art or exercise classes, counselling services, or community activities.

**We currently provide support across all the GP practices in Wallsend Primary Care Network, and you can access this service by asking the reception team at your GP practice, or your GP or nurse.**



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