The Wellbeing Team

We're Here to Support You

How We Work

Our **Wellbeing Team** uses Social Prescribing to provide personalised care and support. We help people referred to us by their GP or other staff at their registered practice. This includes both clinical and non-clinical staff.

What is Social Prescribing?

When you visit your doctor, you often receive a prescription for medicine. But sometimes, health and wellbeing are affected by things that medicine alone can't fix—such as:
• Feeling isolated or lonely
• Stress, low mood, or lack of confidence
• Financial worries
• Poor housing
• Living with long-term health conditions

Our Team

We work across the four GP practices in and around Barnstaple: Brannam, Fremington, Litchdon & Queens Medical Centres.

Your first contact will usually be by phone, but we can also meet face-to-face at your practice.

Team Roles

• Care Coordinator – Manages referrals and appointments.
• Wellbeing Connector – Helps you find local groups and services for practical and emotional support.
• Wellbeing Link Workers – Support people with more complex issues like mental health, bereavement, or money concerns.

Who Can We Help?

You can be referred **if you are 16 or older** and experiencing any of the following:
• Financial concerns
• Loneliness or isolation
• Looking for work, training, or volunteering
• Carer support
• Housing difficulties
• Healthy lifestyle choices
• Living with a long-term condition
• Bereavement
• Support for new parents
• Finding local groups and services

What to Expect

Our support is short-term and focused. We aim to provide you with the tools, information, and connections you need to move forward with confidence.
While we cannot offer counselling or crisis support, we can help connect you with the right services for more specialised support.

Important Information

We are not an emergency service
We are unable to support patients who are:

- Experiencing an urgent mental health crisis
- Seeking medical advice
- Facing an emergency housing situation

If any of these apply to you, please contact the appropriate emergency or specialist services for immediate help.

Interested?

Speak to your GP or a member of your practice team to find out more about how the **Wellbeing Team** can support you.

How to Refer Yourself

You don't need to wait for your GP—you can refer yourself!

- Look for our banner in your doctor's waiting room. It has a QR code. Simply scan the code with your smartphone and fill in your details.
- No smartphone? No problem! Just ask at reception or mention it during your appointment, and they can help you with a referral.
- To access our service patients must be registered with Brannam Medical Centre, Fremington Medical Centre, Litchdon Medical Centre or Queens Medical Centre.