

Living Well Service

Worcestershire



Creating quality choices for communities

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

What the service offers

We are a county wide service that work with people in targeted areas. The service is free and offers information and practical support to help you to;

- Improve your diet
- Become more physically active
- Improve mental wellbeing
- Connect to community activities
- Access other services that can support you to reach your goals and ambitions
- Access and encourage volunteering and peer support services

How does the service work?

The service is tailored to individual needs;

- We offer a 1 to 1 assessment with follow up appointments
- Together we create an action plan with small achievable goals
- Build on your interests, aspirations and desired goals
- We can help you to access groups in your local community
- Offer support and motivation

Is this service for me?

Yes, if you meet any of the below requirements;

- Aged 16 years of age or older
- Have a BMI over 30
- Have been recommended to improve your health or wellbeing

For more information or to make a referral you can:

- Call us on 01905 675 850
- Visit our website www.independencetrust.co.uk/livingwell

Alternatively referrals can be made using the attached postal form.

GPs and Health Professionals can refer via our secure email: independence.trust@nhs.net

Working in partnership with:



worcestershire
county council



Referral Form

Name:	D.O.B:
Address:	Male/Female/Other:
Postcode:	
Preferred method of contact: Phone Call / Text / Email	Ethnicity:
Best time to contact:	
Telephone Number:	
Mobile Number:	
Email Address:	
GP Name:	
Practice Name/ Address:	
What would you like support with:	
Diet <input type="checkbox"/> Activity <input type="checkbox"/> Emotional Support <input type="checkbox"/> Wellbeing <input type="checkbox"/>	
I agree to my details being referred to the Living Well Service. I understand that a worker will carry out an initial assessment (please note this may be face to face or by telephone), the outcome of which will determine my eligibility for the service.	
Signature:	

Once completed please post this form to:

**Living Well Service, Orchard House
Victoria Square, Droitwich, WR9 8DS**



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