

GP Information -
Read Code: XaaEC

A lady aged 86 was feeling isolated and had no local family or friends. She wanted to make some new social connections, so she was linked into the lunch club supported by Healthy Futures. A referral was made to a local organisation for befriending.

A man whose health had deteriorated to the point where he was dismissed from his job, was considered no longer fit for work by his employer. He was supported through the process of claiming benefits - PIP and ESA.

Referrals

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Management

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Northern, Eastern and Western Devon
Clinical Commissioning Group

The Healthy Futures Service is delivered by the Wolseley Community Economic Development Trust and is jointly funded by the Plymouth City Council, Northern, Eastern and Western Devon Clinical Commissioning Group and the Wolseley Community Economic Development Trust.

Registered Address:
Unit 3, Wolseley Business
Park, Wolseley Close,
Plymouth, PL2 3BY

Stepping stone
to a healthier,
happier you



What is Healthy Futures?

Healthy Futures provides advice and support to people to access community activities and services to improve health and well-being.

1 GP Referral

If you need help with something non-medical, you, your GP or practice nurse can make a referral to Healthy Futures.



GP Surgeries

If you are registered with a participating practice, you or your GP can make a referral by:

- Telephone
- Email referral form
- Post referral form

- Adelaide Street Surgery
- St. Neots Surgery
- Trelawny Surgery
- St. Levan Surgery
- Devonport Health Centre
- Mount Gould Medical Centre
- Stoke Surgery
- Ernesettle Medical Care Centre
- Wycliffe Surgery
- Budshead Medical Practice
- Elm Surgery
- Estover Surgery
- Friary House Surgery
- Oakside Surgery
- Peverell Park Surgery
- West Hoe Surgery
- Southway Surgery
- Park View Surgery



2 Assessment

You will have an assessment with a Link Worker. They will listen to you and help you identify your issues and what support you need.



What we can help with

- Care Advocacy
- Befriending & Counselling Information
- Support Groups & Networks
- Social and Peer Activities
- Employment and volunteering
- Housing Support
- Benefits Support and Debt advice
- Arts, Creative and therapeutic activities
- Healthy Lifestyles Health Promotion e.g. smoking, physical activity and healthy eating
- Education Training and Learning

4 Activity and Support

Referral to local organisations or activities that can help you. Healthy Futures can support you the first time you attend a new activity or appointment if needed.



If you need a service which is long-term, we can support you to find one that suits you.

We provide support, advice and guidance. Our Link Workers do not provide counselling or psychotherapy. With your permission we will contact you 3 months after you finish working with us to see how you are getting on.

3 Support Plan

Your Link Worker will work with you to create a plan to help you address your problems. You can have up to 8 sessions of support to work through your plan and move towards reaching your goals.



Wolseley Area of Benefit

Anyone who lives in the Wolseley Trust's area of Benefit (North Prospect, Keyham, Ham, Ford and Stoke) can be referred to this service, regardless of which GP practice they are registered with.

