

To discuss a referral to the Wellbeing Team, please speak to the reception team at the following Medical Practices:

The Wellbeing Team

- ⇒ Wheatfield Road Surgery: 01582 601116
- ⇒ Toddington Medical Centre: 01525 872222
- ⇒ Houghton Regis Medical Centre: 01582 866161

Or contact us directly:

Victoria Harding:
Wellbeing Team
Lead

Victoria.harding10@nhs.net
07305 178465

Ruby Malhotra:
Social Prescriber

Ruby.malhotra@nhs.net
07708 654383

Helen Joynson:
Care Coordinator

Helen.joynson@nhs.net
07481 435464



**Connecting you to local services to
improve your physical and mental
health and wellbeing**



The Wellbeing Team at Titan Primary Care Network

Our Social Prescribers and Care Coordinators work alongside your GP practice teams to help you manage your long term health conditions and/or explore activities and local support that could improve your health and wellbeing.



What is Social Prescribing?

Many things in life can make us feel unwell and a medical prescription is not always the answer. Social prescribing can help you to take control of your own health and wellbeing by giving you time to think about what matters most to you and how services can work with you to improve your health and happiness.

Social Prescribing is about developing Stronger Partnerships, between you, your community and supporting services. It can also help you explore local services in your community, such as:

- ⇒ Housing, benefits, financial support and advice
- ⇒ Healthy lifestyle and physical activities
- ⇒ Befriending and support groups
- ⇒ Training and volunteering
- ⇒ Social and creative activities



What is a Care Coordinator?

A care coordinator supports you with managing your long term health conditions and improve your knowledge and access to the healthcare system.

- ⇒ Providing information and support to help you manage your health condition (s)
- ⇒ Liaising with health and social care services
- ⇒ Navigating the healthcare system
- ⇒ Finances, benefits, power of attorney, and care planning
- ⇒ Supporting you and your carers to self manage
- ⇒ Signposting to national and local organisations

How can I be referred?

A member of your G.P. Practice team can refer you to a Social Prescribing Link Worker or Care Coordinator. Alternatively, you can self-refer by using the details on the next page.

We will then contact you to discuss the referral and arrange to meet you in a place that you feel comfortable. This could be at home, in surgery or over the telephone. Together, we will look at what is important to you and your wellbeing and develop a Support Plan to help you reach your goals. Our Care Co-ordinator will help you navigate your health journey and our Social Prescribers can support you to access the community and/or social support. From there, we can also look at how to further support you on your journey.