



What's unique about us?

Long-term support and intervention

At Ways to Wellness, we offer person centered support for as long as the individual needs. Initially, we have an open conversation to discover "What matters to you?" and then work towards goal setting and behaviour change. We support people throughout their journey, with catch up appointments to evaluate and review goals and progress. Our staff have customised and continuous training that allows us to work with people to motivate behaviour change. Once the intervention has been successfully achieved, we keep in touch via phone to ensure progress is maintained.

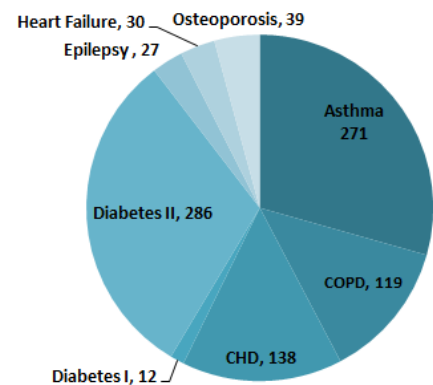
MEET OUR STAFF



"My name is Amber McCrone. I have been a Link Worker since November 2018. I am located at Parkway Medical Group and Roseworth Surgery. I graduated from Northumbria University with a Masters Degree in Health Psychology this year. I have worked with a variety of people including children with autism, adults with learning disabilities and adults with dementia.

I enjoy working at Ways to Wellness as I get to see the positive impact of behaviour change interventions. I have an optimistic outlook and I believe that a key facet to happiness is health. So, if I can enable healthy behaviour change I can enable more and more happiness."

New referrals for each long-term condition (2019)



HOW SIMPLE IT IS TO REFER TO US

email us @ wtw.fcc@nhs.net

call us @ 0191 432 9832

Send us a task using EMIS/ SYSTEM ONE

Speak to the link worker in your practice

