



The Ways to Wellness service helps people with long term health conditions better manage their symptoms and lead healthier lifestyles. Ways to Wellness are integrated within GP practices across the West of Newcastle as well as offering community support e.g. home visits when necessary. We will soon have two link workers available for each practice ensuring maximum appointment availability and consistent, continued support. Our aim is to improve people's quality of life whilst minimising strain on health services. This service has already saved the NHS over £1.2m across 2017/18.

Meet the local services



SEARCH - supports those aged 55+ to live independently within the community. Provide assistance with financial worries, organised outings, 1:1 personalised support.

What have we been up to?

A Ways to Wellness client met with a link worker and scored low on an initial well-being star assessment. We identified that support was needed for finances and befriending. This client was receiving Universal Credit but struggling to budget and pay bills. Ways to Wellness connected him to SEARCH for financial support - this client now refers to his money worries in the past tense, "I used to be terrible with money." Further, our client was very isolated; he lived on the 10th floor and only interacted with carers. SEARCH opened doors for this person to get out and about, he told us he had a great time on a day trip to South Shields. Overall, the client's scores and quality of life significantly increased thanks to Ways to Wellness and SEARCH.

OUR PRACTICES

BROADWAY MEDICAL CENTRE
DENTON PARK MEDICAL GROUP
DENTON TURRET MEDICAL CENTRE
DILSTON MEDICAL CENTRE
GRAINGER MEDICAL GROUP
NEWBURN SURGERY
PARKWAY MEDICAL GROUP
ROSEWORTH SURGERY
THROCKLEY PRIMARY CARE CENTRE
WESTERHOPE MEDICAL GROUP

ELIGIBILITY CRITERIA

Aged 40-74 with one or more of the following long - term health conditions:

ASTHMA
COPD
CORONARY HEART DISEASE
DIABETES
EPILEPSY
OSTEOPOROSIS

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