



**FIRST CONTACT CLINICAL**  
ENABLING HEALTHY BEHAVIOUR CHANGE



Ways to Wellness Team - February 2020

## HOW SIMPLE IT IS TO REFER TO US

email us @ [wtw.fcc@nhs.net](mailto: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

## What's coming up in February?

### World Cancer Day (4th Feb)

The work we do at Ways to wellness can help clients to focus on lifestyle factors that may increase cancer risk (e.g. smoking, drinking, unhealthy eating).

### Time to Talk Day (6th Feb)

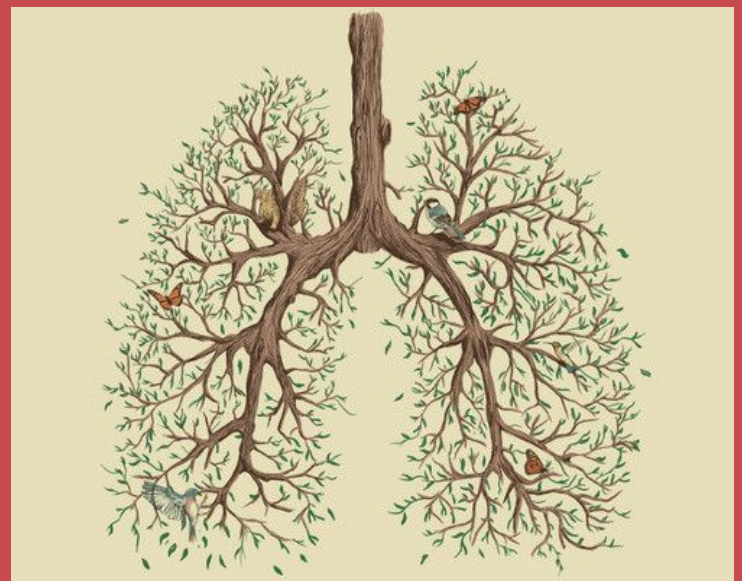
"Talking about mental health can be awkward... but it doesn't have to be."

## COPD TRAINING FOR OUR STAFF

The staff at Ways to Wellness attend regular training sessions. This includes all of the long term health conditions that make our clients eligible. Training gives us a deeper understanding of the challenges our clients face.

We recently attended training with Mick Cave from Healthy Lungs at BOC.

Link Worker quote - "I really appreciated how difficult it must be for people with COPD to perform daily tasks"



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