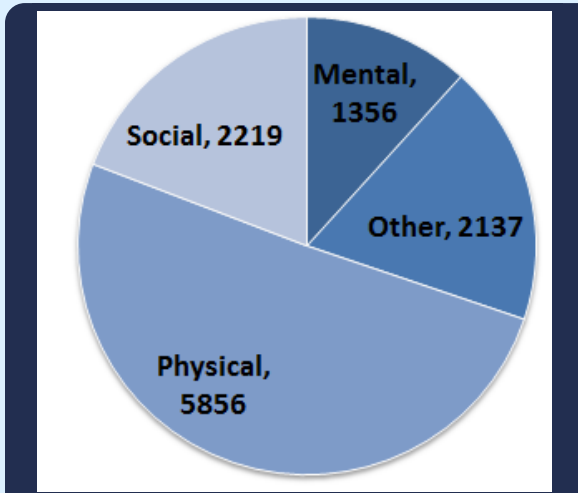




12,406 GOALS SET IN 2019



Social

(e.g. to attend an activity group, to socialise with friends, to find a new hobby).

Mental

(e.g. to try meditation/mindfulness, to engage with talking therapies).

Physical

(e.g. to improve diet and exercise more, to attend condition specific rehabilitation (e.g. pulmonary rehab).

Other

(e.g. client led goals (walking the dog/to read a book), to get financial advice/benefits check).

MEET OUR STAFF



I am Peter Bell and I have been a Link Worker at Denton Park Health Centre since October 2017. Before this I worked in Public Health for 10 years as a Health Trainer and Wellness Coach. I enjoy working in health promotion and improvement around behaviour change. This role helps to address health inequalities and empower patients with long term health conditions to have better self-care, lead healthier lifestyles and to boost their overall well-being. Together, with my colleague Katie Baxter, we manage a caseload of over 250 patients here at Denton Park, encouraging them on their wellness journey, and have some great success stories.

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/ SYSTM ONE

Speak to the link worker in your practice

Client quotes from 2019

"I may not be 100% yet, but without Ways to Wellness, I would be a whole lot worse and have no idea where to turn"

"You have picked me up, just to let you know I am very grateful"

"I found the meeting very useful, it brought the importance of exercise, diet and lifestyle to the front of my priorities"

