Live Well Wakefield

# Social Prescribing and Self-Management service

## Social prescribing support

We can connect you to local services, activities and support to help address any non-medical issues impacting your health and wellbeing

We support anyone aged 18+ who lives in the Wakefield district or is registered with a Wakefield district GP

**Non-medical issues may include:**

- Mobility
- Aids / adaptations
- Finances
- Long-term conditions
- Housing concerns
- Mental wellbeing
- Bereavement
- Social isolation
- Caring responsibilities
- Personal safety

**Please turn over to find out about our self-management support**

**For further information or to make a referral to our social prescribing support or self-management workshops, you can contact us by phone, via our website, or by scanning the QR code below**

**01924 255363**

**www.livewellwakefield.nhs.uk**

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Live Well Wakefield

# Social Prescribing and Self-Management service

## Supported self-management

If you're living with a long-term condition or caring for someone who is, our self-management workshops can help you feel more confident and in control of your health

Our friendly workshops take place online and in person across the Wakefield district. They cover practical tools, techniques, and everyday strategies to help manage long-term conditions and improve wellbeing

**Current workshops include:**

**MANAGING FATIGUE WITH HEALTH CONDITIONS**

**COPING WITH CHRONIC PAIN**

**NEURODIVERSITY & ME**

**SELF CONFIDENCE & ME**

**THRIVING MINDS: YOUR PATH TO IMPROVED MENTAL WELLBEING**

Workshops are confidential and free, delivered by staff and volunteers who have their own experiences of long-term conditions

We support anyone aged 18+ who lives in the Wakefield district or is registered with a Wakefield district GP

**For more information about our workshops or to book a place, please turn over to find out how to contact us. You'll also find details of our social prescribing support, which can help address non-medical issues**

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