

GP Information -
Read Code XaaEC or 8T09 for microtest

Referrals

Practice staff can make a referral using our referral form, or you can self-refer by contacting our friendly team on:

Email: healthyfutures@welseley-trust.org

Tel: 01752 203673

Please see our website – www.welseley-trust.org
to view our GDPR privacy notice.

Welseley Trust



NHS
Northern, Eastern and Western Devon
Clinical Commissioning Group



NHS
England

Healthy Futures is delivered by the Welseley Community Economic Development Trust and is jointly funded and supported by the Primary Care Network your practice is part of, New Devon CCG, Plymouth City Council and Department of Health.

Registered Address: Unit 3, Welseley Business Park,
Welseley Close, Plymouth, PL2 3BY

Welseley Trust
Healthy Futures

Healthy Futures Social Prescribing Service

The stepping stone to
a healthier, happier you.



What is Social Prescribing?

Social prescribing helps you explore and access activities and services that are available locally to support you to improve your health and wellbeing.

Who is Healthy Futures for?

- Anyone aged over 18
- Anyone who would like some non-medical support to improve their physical and/or mental health and wellbeing
- Anyone who is able to engage with a link worker and make decisions about next steps they would like to take



Healthy Futures can work with people to improve their mental wellbeing, but is not suitable for people in mental health crisis or with an unmet clinical need.

How does it work?

You can be referred to the Link Worker working at your GP practice by any member of the practice team, or you can self-refer by getting in touch. A member of our team will contact you to discuss your referral and arrange an appointment.



The support we offer

At your first appointment, we will discuss what matters to you and co-create a plan to support you to reach your goals.



Your Link Worker will listen to you and share their knowledge and connections to local services and organisations that can offer specialist support, including:

- Benefits support and debt advice
- Arts and creative activities
- Healthy lifestyles and health promotion e.g. stopping smoking, physical activity and healthy eating
- Education, training and learning
- Befriending
- Counselling and talking therapies
- Support groups and networks
- Social and peer activities
- Employment and volunteering
- Housing support

We can offer you up to 8 appointments of flexible, non-judgemental support as you take action to improve your health and wellbeing.

Improving community wellbeing

Julia self-referred after hearing about Healthy Futures from her practice nurse. She has been feeling lonely and her self-esteem has declined since her husband died last year. She found it helpful to talk to a Link Worker about her experience and engaged with a local tea and toast session to meet new people. After a few weeks she began to help out at the session by helping set up the halls and chatting to new members, making them feel comfortable. As her confidence grew, she signed up for a local walking group and slimming club.



Getting back on track

Josh was struggling to find employment and was referred to Healthy Futures when he attended his GP with symptoms of anxiety because he was struggling to pay his rent. The Link Worker connected him to a local benefits advisor and supported him to liaise with his landlord about managing his arrears. Once his finances were more settled and he was less stressed, he was able to explore employment and attended a community job club which helped build his confidence and skills.