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**LIVE WELL LINK WELL SERVICE RELAUNCHES**

Live Well Link Well, the free and confidential service that provides practical or emotional support of a non-medical nature will be re-branding and re-launching in January 2020.

The service links patients with appropriate support and guidance. In the same way that a patient with a prescription can get their medication easily from a pharmacist, they will be able to quickly access the services that will help them improve their wellbeing.

Patients visit their GPs for a range of different reasons and sometimes these issues can be caused by non-medical matters such as loneliness, anxiety, unemployment, illness or debt. The GP or practice nurse may be able to offer advice or medication to manage the physical or mental impact of these concerns, but they often cannot always help to deal with underlying problems.

The Live Well Link Well service can help people access appropriate support within the local community which can:

• Help you make positive changes to your personal wellbeing

• Identify and link you into appropriate support in the community

• Assist in developing personal goals focused on what matters to you

Live Well Link Well can help you to access support with the following:

• Healthy living

• Weight management

• Lifestyle advice

• Maintaining physical and mental wellbeing

• Supporting independence, mobility and equipment

• Looking after someone

• Getting out and about

• Home adaptations

• Money worries

• Social inclusion

Residents living in Castle Point or Rochford and aged over 18 can contact the service directly without having to go through a GP.

Services can be accessed through a single contact via the Wellness Partnership who will be able to refer to the right partner.

To access Live Well Link Well, telephone 0300 3039988 (Monday to Friday 8am to 7pm) or E-mail: cprccg.wellbeing@nhs.net.

Health and social care professionals wanting to refer can also use the contact details above.

The Live Well Link Well Partnership is a collaboration of Provide CIC, Community Agents Essex and Castle Point Association of Voluntary Services (CAVS).

**ENDS**