

Meet our new wellbeing link worker



Sarah is our new wellbeing link worker, with 8 years' experience in the NHS supporting people to take greater control of their health and wellbeing. An appointment could help you to:

- 👍 Access community services and meet new people
- 👍 Take up a new hobby or do more exercise
- 👍 Reduce isolation, loneliness, stress and anxiety
- 👍 Gain tailored advice and support
- 👍 Make positive changes

“Having a wellbeing link worker based in our surgery is a very positive development in being able to offer our patients an all-round excellent service” – Dr Rodger Toner

Speak to reception about this service