

Community Links Practitioner

Have you got questions or need help with your health and wellbeing?

Some of the areas we can support include:



advocacy and understanding health information



managing stress, anxiety and wellbeing



money worries



caring for relatives or friends



housing/home energy



employment/volunteering



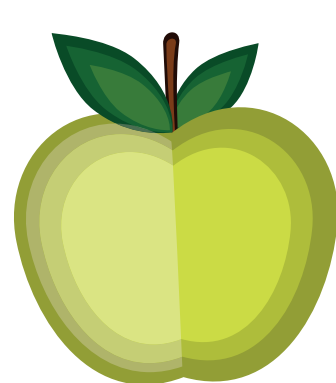
living with health conditions



alcohol and drugs



stopping smoking



healthy weight / healthy eating



being more active



local activities, groups and services

Community Links Practitioners can help you work through a range of issues to help you keep well in your community.

Please speak to the staff at your GP reception to arrange an appointment.