

Lancashire Wellbeing Service



Easy Read Guide

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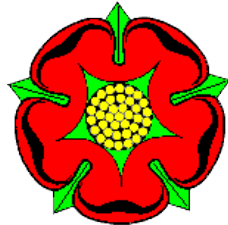


AGE concern
Central Lancashire

n|compass
looking towards a brighter future

**RICHMOND
FELLOWSHIP**
MAKING RECOVERY REALITY

The Lancashire Wellbeing Service is for people in Lancashire.



(But not Blackpool and Blackburn with Darwen)



Its job is to help people to manage their health and well-being



It will help people take more control over things that affect their health and life.



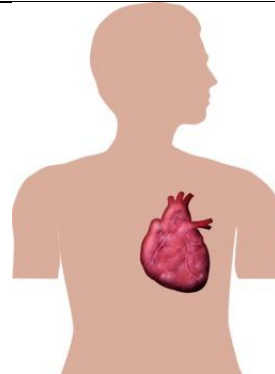
Who it helps:

You must be over 18

18+
only



People with long term health conditions



People with mild mental health problems:

Like low mood, stress, anxiety, mild depression



People who are lonely or socially isolated



People having problems with family, money, finding a job



People who are struggling to cope



People who need support to change habits and develop a healthier lifestyle

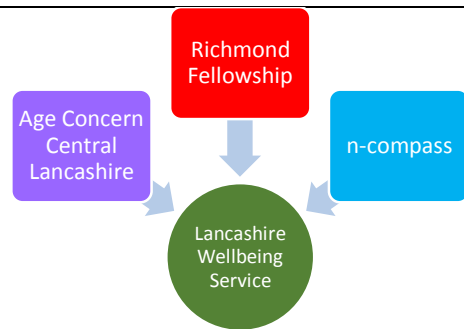


Who we are

The service is funded by Lancashire County Council



It is a group of 3 local organisations working together



We have 8 teams of wellbeing workers

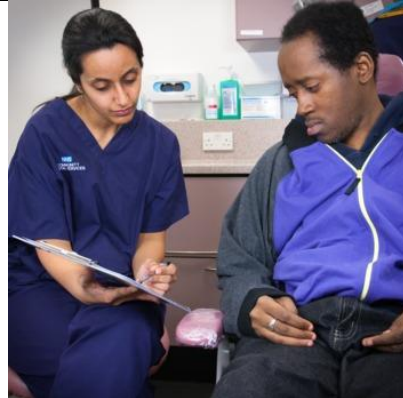


We are recruiting Partnership Engagement and Community Development workers



How do I get this service?

By getting a referral



A GP, carer, nurse, social worker or other professional can complete a referral form.



What do we do?

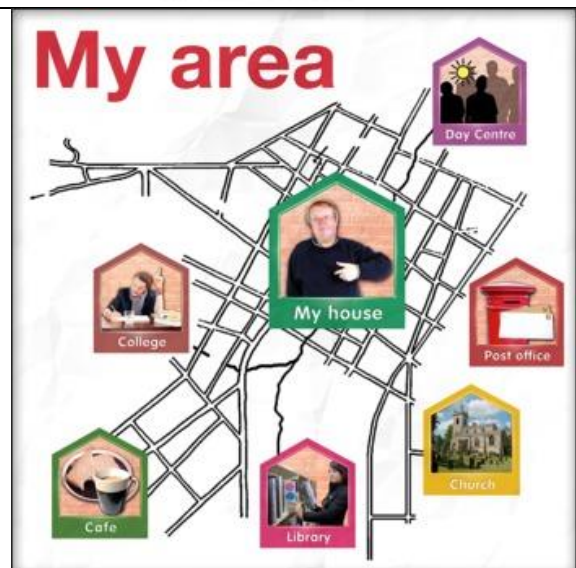
We will arrange up to 6 sessions with one of our workers



We might connect you with local groups or volunteers



We might help you find the local services in the community you need



We are NOT a clinical service.

We don't provide social care support or manage people's long term conditions.



We want people to feel included in their communities, to live more independently, to enjoy a good quality of life.

