

Healthy Futures at a glance

- Assistance to identify services that will help you to address problems and improve your health and wellbeing.
- Support to help you to access services.
- We will work with you for an agreed period of time.
- We are not a counselling or psychotherapy service, nor do we prescribe medication.
- The Healthy Futures service is provided by the Wolseley Trust



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Plymouth Healthy Futures

Helping you to
make the most
of life!

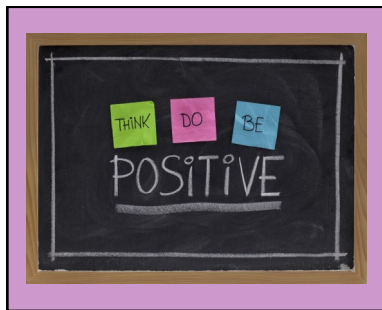
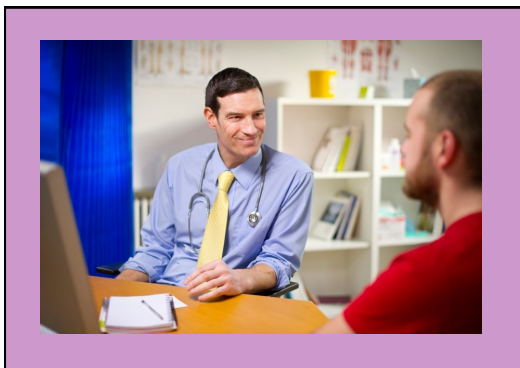
Wolseley Trust

What is Healthy Futures?

Healthy Futures Plymouth is a service designed to help you find ways to overcome problems and to improve your health and sense of wellbeing.

As well as providing information we offer support to help you to cope with anxiety and the feelings of depression that are often experienced during difficult times in our lives.

If you think we might be able to help, ask at your GP surgery for more information or contact us via telephone or e-mail using the contact details provided overleaf.



How does it work?

Referrals to Healthy Futures may be made by Doctors, other health professionals and also by Police or housing officers. We do also accept self referrals; please contact us to enquire if you wish to self refer or check for information about referrals on our website. Please see our web address overleaf.

Once we receive your referral we will contact you to arrange an appointment for you with one of our advisors

Your Healthy Futures advisor will listen to you to find out about your situation, your needs and to help you to identify the support that you need from us as well as any non-medical services or activities that may be helpful to you.

What next?

If you identify services or activities that you feel will help you, we will assist you to access them. If you wish, we will accompany you to your first session to help you to get started. Some examples of services you might need are:

- Welfare Benefits advice
- Employment advice
- Money advice
- Befriending
- Exercise and weight loss
- Support for carers
- Life coaching
- Signposting to Counselling

Your advisor will continue to meet with you to provide additional support that you may need, normally for a period of up to three months.

