

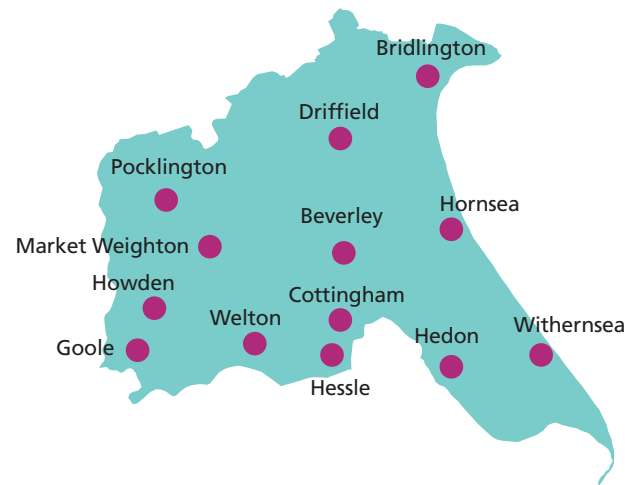
Supporting Adults aged 18+ across East Riding to access support that aims to improve overall health and wellbeing and self care.

The Health and Wellbeing Advisor and Connector service will motivate and empower you to make positive changes in the following areas:


- Long term health conditions
- Dementia
- Carers
- Food poverty
- Fuel poverty
- Social isolation
- Loneliness
- Relationships
- Employment
- Access to support groups
- Volunteering opportunities
- Accessing befriending services
- Debt
- Housing
- Social care
- Health and wellbeing
- Digital technology

If your preferred language is not English, or for those who are blind or partially sighted, we can make arrangements to assist you with this document.

## Where can you find a Health and Wellbeing Advisor and Connector?



Contact the Health and Wellbeing Advisor and Connector service on:

 0800 9177752

 [hnf-tr.socialprescribing@nhs.net](mailto:hnf-tr.socialprescribing@nhs.net)

 @SPrescribingER

For more information visit:

[www.nhs-health-trainers.co.uk](http://www.nhs-health-trainers.co.uk)

The service is free and confidential and can be accessed from all East Riding Residents.

**Opening hours:**

Monday to Friday 8am – 8pm  
Weekends 9am – 3pm



Health and Wellbeing  
Advisor and  
Connector Service



## What is a Health and Wellbeing Advisor and Connector?

The Health and Wellbeing Advisor and Connector service is able to offer person centred support and link residents with local community groups and other vital services that offer support and advice to help them, improving self-care and tackling the social causes of ill health and wellbeing.

Issues they can help with include social activities, how to meet new friends, debt, welfare support, supporting residents to implement their own community-based projects, caring for a loved one, food and fuel poverty, dementia, employment, technology divide, access to local food banks, housing and social care.

Every person at some point will come across challenges in life that affects health in some way. Our service will work with you to improve:



You will receive a personalised plan with you being the main focus. We will work with you to develop achievable goals and signpost you to services you wish to be connected too.

Health and Wellbeing Advisor and Connectors are friendly, understanding and supportive, and will accompany you to your first sessions that you have been signposted too if you wish.



## Who are Health and Wellbeing Advisor and Connectors?

The Health and Wellbeing Advisor and Connectors are people like yourself, they have been recruited from the community bringing with them a range of skills, experience and local knowledge.

They have come from a variety of backgrounds and have experienced living and working in your local communities, they understand how difficult situations affect your general health and wellbeing and will assist you in finding appropriate support whilst empowering you to take charge of your own personal situation and will assist you on your journey.

Health and Wellbeing Advisor and Connectors have undertaken extensive training and keep up to date with all latest health information and local information. Based in community settings across East Riding they are on hand to provide you with direct information, guidance and support. You will see them out in the community and at local events so please speak to the team.

## What will my support look like?

You will be invited to attend your first appointment with a Health and Wellbeing Advisor and Connector who will carry out an initial assessment of your needs and this will take up to one hour, you will then be provided with up to 7 more sessions working on the goals you have set to improve your overall health and wellbeing.

Sessions can be carried out virtually, face to face, telephone or home visits if eligible.

## How can I seek support from the Health and Wellbeing Advisor and Connector service?

The team are based within various community settings across East Riding including, health trainer shops, libraries, community centres and GP sites. The team also deliver outreach sessions in rural areas to ensure everybody can access the service.

Contact us on the telephone or email number provided on this leaflet for more information.

