

Our support for older people

The NHS Wellbeing Service is here to support anyone aged 16+ who feels low or worried.

We offer a range of talking therapies, workshops and groups that help reduce feelings of worry and low mood, especially for those aged 65 and above.

Our qualified and experienced therapists will work with you to understand your needs and help choose the best support for you.

We can offer you:

Cognitive Behavioural Therapy (CBT)...

which can help with motivation to make positive changes to improve your quality of life.

Counselling... which can help you to come to terms with changes in your life, such as retirement, physical changes and life circumstances.

You can choose to receive your support by phone, face-to-face or online.

Find out more about our workshops and social events overleaf



Business Reply Plus
Licence Number
RTUH-UYBY-SGGS

Wellbeing Service
The Conifers
Helleston Hospital
Drayton High Road
Norwich
NR6 5BE

wellbeing
Helping you live your life

NHS
iapt
Improving Access to
Psychological Therapies

Feeling low or worried doesn't have to be a part of growing older.

We can help you.

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**Call us on: 0300 123 1503 or
visit www.wellbeingnands.co.uk**

To get support, just fill in your details below, seal and put in the post.

Your name:

Your date of birth:

Your address:

Postcode:

Your email address:

Your daytime phone number:

How would you prefer us to contact you?
(tick one as appropriate)

Phone

Email

Post

Is it OK to leave a voice message?

Yes

No

Name of your GP:

Address of your GP:

Where did you hear about us?

How to get support

Step 1

To arrange an appointment:

- Complete and send this form
- Call free on 0300 123 1503
- Ask your GP to refer you
- Complete our online form at www.wellbeingnands.co.uk

Step 2

We will contact you to arrange an appointment in which we can discuss what your needs are and how we can help.



If you would like this information in large print, audio, Braille, alternative format or a different language,

please contact Customer Services and we will do our best to help.

Tel: **01603 421486**

Email: customer.service@nsft.nhs.uk

Wellbeing Norfolk and Waveney is a partnership of Norfolk and Suffolk Foundation Trust, Norfolk and Waveney Mind and Relate.

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Workshops

Easy access support

We offer a range of 1-2 hour, one-off workshops to support your mental health:

- Reducing worry
- Improving sleep
- Fear of falling
- Coping with bereavement
- Living well with physical health conditions

To book, call us on the number below or go to our website.

Social events

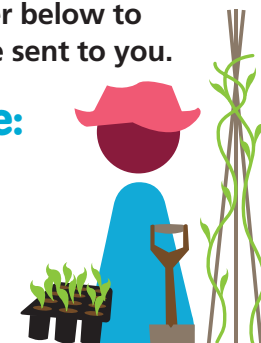
Meet people and stay active

We run a variety of social activities throughout Norfolk and Waveney, in person and online. Our free events are a great place to meet people with similar experiences, all while doing an activity that you enjoy.

To find out more go to our website, or call us on the phone number below to request a paper copy be sent to you.

Activities include:

- Short walks
- Coffee and chat
- Book club
- Gardening



Everyone is welcome, just come along and you'll be greeted by one of our friendly team.

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