



The Community Wellbeing Practices initiative is provided by Wellbeing Enterprises CIC.

Wellbeing Enterprises is an award winning social enterprise – our mission is to support individuals and communities to achieve better health and wellbeing.

“Meeting my Community Wellbeing Officer has helped me to gain more confidence and develop coping skills. I have now become a wellbeing volunteer and have joined in with local events and activities.”

John from Widnes



Wellbeing Enterprises CIC
Bridgewater House, Old Coach Road,
Runcorn, WA7 1QT
Registered Company: 05888474

Tel: 01928 589 799
www.wellbeingenterprises.org.uk
info@wellbeingenterprises.org.uk



Want to feel happier and healthier?

Talk, Connect and Take Action

Contact your Community Wellbeing Officer today



What is a Community Wellbeing Practice?

It is a GP practice that offers you time with a Community Wellbeing Officer. The role of a Community Wellbeing Officer is to give you the chance to talk, connect and take action:

Talk – you talk and we will listen. Sit back, relax and have a confidential conversation that focuses on you. We will discuss the things that are bothering you but we will also discuss the things that make you smile.

Connect – we will connect you with others. We will help you find practical help and connect you to fun social activities. It could be someone to help with a money worry or it could be someone you share a talent, interest or skill with.

Take Action – together we will make a plan that helps you do more of the things that make you smile and get help to deal with the issues that are bothering you. It's all about making you happier and healthier.



What's on offer?

As a patient of a Community Wellbeing Practice you can access the following **FREE** services:

Wellbeing Review

An opportunity to develop your own plan to deal with issues that are bothering you and do more of the things that make you smile.

Wellbeing courses and activities

Take part in a wide range of fun, practical and creative courses happening in your area. Chances to connect, meet people, learn new skills and discover new interests.

Volunteer opportunities

We have a variety of volunteering roles for you to develop new skills and give back to your local community.

“Attending a Wellbeing Review helped me to look at my life in a different way. I found out about activities running in my local area and it gave me back my energy and enthusiasm – I feel like I can do anything now!”

Margaret from Runcorn



How can I get involved?

Contact the Community Wellbeing Officer for your GP Practice, who can help you to access any of the services in this leaflet.

Call
01928 589799

Email:
info@wellbeingenterprises.org.uk

or visit online at:
www.wellbeingenterprises.org.uk

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