



Live Well Wakefield

Supporting healthy living for the
people of Wakefield District

We understand that there are many things that can affect our ability to feel healthy and remain independent. We appreciate this and can offer individual support to help you address any needs.

Who can the Live Well Wakefield Service help?

All adults who live in Wakefield District who:

- Are in need of information, advice and support in coping with everyday life
- Are feeling alone or lonely and looking for social opportunities
- Are feeling low or anxious and unsure of services that could help
- Require support to manage their long term condition, or that of someone they care for
- Want to become more involved in the community



How can Live Well Wakefield help?

- We can offer individual, personalised support either in your home or in the community, where best suits you
- We can help you navigate services such as health and social care
- We can offer you courses and workshops to help you self-manage your long term conditions
- We can tell you about community groups and activities in your area
- We can tell you about volunteering opportunities

For further information, please call us on **01924 255363** or visit our website **www.livewellwakefield.nhs.uk**



@LiveWellWakey



Live Well Wakefield

Nova

BUILDING A VIBRANT VOLUNTARY
SECTOR IN OUR DISTRICT

wakefieldcouncil
working for you

NHS
South West
Yorkshire Partnership
NHS Foundation Trust