

Do you want to take control of your health & wellbeing?



Our Community Health and Wellbeing Workers can help!

We know taking care of your health involves more than just medicine. Our team will empower you to take control of your physical health, mental health and wellbeing.



We can meet with you at home, or in your community, to listen and understand more about what you want to change and/or what you need support with.

We focus on every aspect of life that can influence your health including:

- housing
- employment
- isolation and loneliness
- financial pressures

Together, we can explore what support you would like, using local community services, to put you in control and feeling healthier.



This service is delivered by Ruils Independent Living in partnership with your local GP across Hampton North.

ruils
independent living

Charity no: 1127896

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Frequently Asked Questions



? Is the service free?

Yes, the service is completely free - you will not have to pay anything.

? Are Community Health and Wellbeing Workers doctors or social workers?

No, they are not medical staff but they will have training so that they can speak to you, find out what help you might need and connect you to support services and groups in your community.

? Can my Community Health and Wellbeing Worker help me make an appointment with my GP?

Yes, if that is what you want and need.

? Is there a maximum number of visits I can have?

We will visit you once a month to offer support and the period of time you are supported will be based on your needs.

? What if I don't want to talk to a Community Health and Wellbeing Worker inside my home?

Please don't worry, they can be flexible. They will be able to meet you at another location in the community that is easy for you to get to.

? Who is my Community Health and Wellbeing Worker?

Susie and Phil will be working on this service in the Hampton North area. They will have a blue NHS lanyard with a Ruils name badge.

Contact us to find out how we can help you!



Susie Paget

Community Health &
Wellbeing Worker
susie.paget@nhs.net
07960 145293



Phil John

Community Health &
Wellbeing Worker
phil.john@nhs.net
07983 604168