



Wellbeing Service

WHAT IS THE VCS HUB, WELLBEING SERVICE?

A free service offered face to face or over the telephone. We can help you to work on feeling better about things that worry you and help you to feel healthier, happier and part of your community.

HOW DOES IT WORK?

Your Social Worker or GP can call us for you, or you can call us yourself. We will meet with you to talk about anything that is a problem to you and to think about what will help.

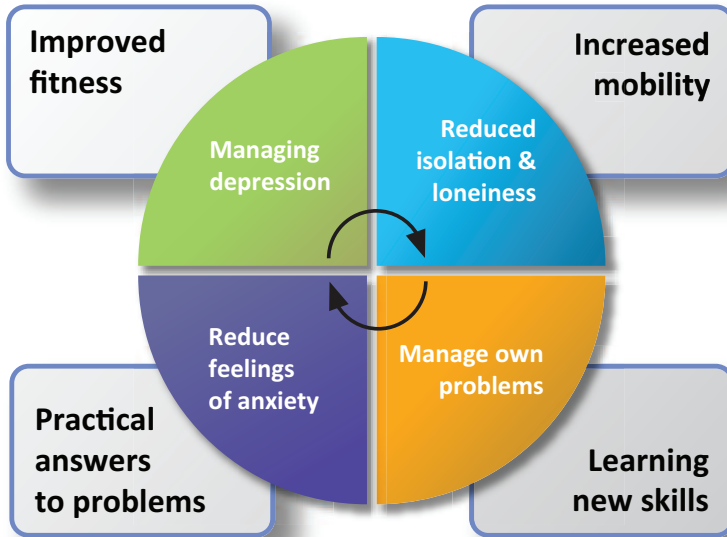
HOW CAN WE HELP YOU?

We will listen to you! We will tell you what is available and help you to start getting the support you need. This may be by joining a support group or by attending social activities near you or by getting any other help you need.

EXAMPLES OF SUPPORT WE CAN HELP YOU TO GET;

- Help with bereavement, depression and/or anxiety;
- Help with loneliness - help to meet people or someone can visit you at home;
- Local social activities e.g. lunch clubs/friendship groups;
- Support Groups - COPD/MS/Parkinsons/Stroke, etc;
- Alcohol & substance misuse problems;
- Support for people with physical or learning disabilities;
- Help with mental health difficulties;
- Housing advice and support;
- Debt and benefits help;
- Practical housing services – including heating, rent & repairs, shopping, cleaning.

Benefits of Using the VCS HUB



All referrals are treated in the strictest of confidence and you can continue to contact us for support should you need to.

The VCS Hub Wellbeing Service may need to ask for health/social care information about you, so that we can put the right support in place.

We will keep your details for as long as needed and then they will be deleted. We will share this with support services if you give us your permission.

*You have the right to ask to see this information by writing to:
CEO at VAST, Dudson Centre, Hope Street, Hanley ST1 5DD.*

For further information please contact Margaret Hurley, VCS Hub Development Officer:

Monday - Friday 9am - 5pm
email: vcshub@vast.org.uk
Tel: 07504 245215