

buzz

Manchester
Health & Wellbeing
Service



Feel good about yourself

Refer yourself to a healthier,
happier you

A large, teal-colored speech bubble graphic with a thick outline. It has a tail on the left side that points towards the top left. The text 'Wellbeing Advisor' is centered inside the bubble.

Wellbeing
Advisor

Feel good about yourself

As well as looking after our physical health, it is just as important to look after our mental health.

How we feel can vary depending on what is going on in our life. For many people drinking, smoking, weight management, lack of sleep, stress and anxiety are everyday problems.

Even though you may not realise this, they can have a negative effect on your health. This is where a Wellbeing Advisor may be able to help.

What is a Wellbeing Advisor?

A Wellbeing Advisor will be able to help you find ways of leading a healthier lifestyle and look at areas where you are tempted into unhealthy habits.

Wellbeing Advisors are based all over Manchester. This is a free and confidential service.

They can help you by:

- Improving how you feel about yourself
- Improving your physical and mental health
- Helping you to eat well and exercise
- Supporting you to stop smoking and reduce your alcohol intake
- Supporting and guiding you on a healthy lifestyle, helping you to make small changes that will make a big difference to your life
- Helping you reduce loneliness or isolation by giving you access to social groups or other activities
- Signposting to other services like debt and housing advice, sexual health or drug and alcohol services

Who can access the service?

Anyone over the age of 18 living within the Manchester City Council area or registered with a Manchester GP can access buzz services.

Where will I access my Wellbeing Advisor?

You can choose to be contacted by phone, email or in person and at a location that is convenient for you. Our team are based all over the city in various places in your community.

What happens in my first session?

In your first session you will talk about your needs and your Wellbeing Advisor will work with you to help you set a plan. The support offered will be tailored to you and the goals you set will be realistic.

How often can I see my Wellbeing Advisor?

This depends on the amount of help and support you need. As part of your initial chat, your Wellbeing Advisor will discuss all the options with you. You can make contact either face to face, by telephone or email. Whichever is easiest for you.


What happens next and what can I expect?

A Wellbeing Advisor will contact you and talk to you about the support you are looking for.

They will:

- Contact you within 10 working days of your referral and arrange an appointment
- Agree to a number of sessions (usually between 6 and 10) based on what support you are looking for
- Meet you in a convenient, safe place at a time which is good for you
- Provide you with hints and tips, support and encouragement to achieve your goals
- Give you information on other services in the city which may be of interest to you
- Treat all of your information in the strictest of confidence
- Treat you with respect

“Offering support and guidance to help you lead a healthier lifestyle.”





Feel good about yourself with the help of our Wellbeing Advisors

No stamp needed!

PLEASE USE BLOCK CAPITALS

About you

Name

Address

Town

Post Code

D.O.B

Telephone

Mobile

Email

Gender Male Female Other (Please state)

What would you like help with?

(Please tick as many boxes as you need)

- Groups (Swimming, Walking)
- Healthy Eating
- Information / Signposting Only
- Isolation and Loneliness
- Managing a Long Term Condition
- Physical Activity
- Positive Mental Health Courses
- Reducing your Alcohol Intake
- Stopping Smoking

We can also signpost to advice on:

- Debt and Money Management
- Dental and Oral Health
- Drug and Alcohol Services
- Health Checks (40-74 year olds)
- Sexual Health Services
- Volunteering

Other (Please specify)

Do you have any additional needs?

Will anyone be coming with you to your appointment?

- No
- Yes (Please provide their name and contact details)

How did you hear about buzz?

(Tick ONE box only)

- | | |
|--|--|
| <input type="checkbox"/> buzz Website | <input type="checkbox"/> Physical Activity Referral Service (PARS) |
| <input type="checkbox"/> buzz Leaflet | <input type="checkbox"/> Recommendation |
| <input type="checkbox"/> Doctor's Surgery | <input type="checkbox"/> Referral from a Partner Agency |
| <input type="checkbox"/> Drug and Alcohol Advice Services | <input type="checkbox"/> Wellbeing Advisors |
| <input type="checkbox"/> Drop in Session | <input type="checkbox"/> Word of Mouth |
| <input type="checkbox"/> Early Help Hubs | Other (Please specify) |
| <input type="checkbox"/> Improving Access to Psychological Services (IAPT) | <hr/> |
| <input type="checkbox"/> Neighbourhood Health Worker | <hr/> |
| <input type="checkbox"/> NHS Health Check (40-74 years) | <hr/> |
| <input type="checkbox"/> NHS Bulletin / Publication | |

Is there anything else you would like to tell us?

Where did you pick up this leaflet?

Do you want support and encouragement to improve your health and wellbeing?

Contact us and we will find your nearest Wellbeing Advisor to kickstart a change.

Contact us by filling in the FREEPOST form in this leaflet or in the following ways:

Online

www.buzzmanchester.co.uk

Refer Yourself

www.buzzmanchester.co.uk/refer

Abraham Moss Office

1st Floor
Abraham Moss
Crescent Road
Crumpsall
Manchester
M8 5UF
Telephone 0161 234 3727

Fallowfield Library Office

1st Floor
Fallowfield Library
Platt Lane
Manchester
M14 7FB
Telephone 0161 248 1765

Victoria Mill Office

Victoria Mill
10 Lower Vickers Street
Miles Platting
Manchester
M40 7LJ
Telephone 0161 882 2583

Email

manchwadvisors@nhs.net

* This leaflet is available in large print on request



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