



Welcome to Wellbeing Exeter

This information sheet aims to give you an understanding of what you might expect from us.

What is Wellbeing Exeter?

With patients' consent, Exeter GP practice teams are able to refer people to a range of local, non-medical opportunities through Wellbeing Exeter. This new way of working recognises that people want a life, not just a service.

How Do We Work?

Our team is made up of Community Connectors, and you will hear from one of them. As every individual's needs and interests vary, we will listen to you, and together will identify and explore opportunities to find those best suited to help you achieve a more fulfilling life.

How Might Wellbeing Exeter Support Me?

We have knowledge of a wide range of local opportunities and will be able to help you 'connect' to those that are right for you.

Success will depend on a respectful relationship between us, with an emphasis on the value of working things out together.

Here are just a few examples of support that has led to positive life changes:

- identifying local community/interest/hobby groups
- finding alternative, accessible physical activity groups
- support to better manage finances and debt
- finding adult courses and workshops (some of which are free)
- making informal connections with other people with similar interests and ideas
- linking to practical support networks
- finding out about volunteering opportunities or relevant work experience

Here are a few quotes from past participants:

"There's all sorts of things Wellbeing Exeter has introduced me to...they talk it over with me, we make arrangements and off we go."

"The connector was really easy to talk to and very open minded too...for someone like me that's everything because we're not used to it"

"I used to walk around the village and not know anybody and feel quite isolated but now I can say hello to people in the street which is nice."

"They allowed me to dream a little about what I could do....I then asked myself 'why not?'"