

Wellbeing Service



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Offering support if you have low level depression, anxiety or stress
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*Reduce
Social
Isolation*



The aim of the **Wellbeing Service** is to **support people 50+** living in Sunderland with a mild functional mental health condition such as depression, anxiety or stress.

Our Wellbeing Co-Ordinator supports older people on a one-to-one basis to develop a mental health wellbeing plan. The plan looks at the most appropriate support and identifies barriers to maintaining quality of life and independence whilst reducing anxiety and stress.

The aims of the Wellbeing Service is to:

- reduce feelings of depression, anxiety and stress
 - provide a peer support network
 - prevent isolation and loneliness
 - signpost to a range of leisure and learning opportunities
 - provide support that is tailored to individual needs
 - introduce older people to other support services from Age UK Sunderland and partners
 - increase individual independence to access services in their own community
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Referral system

- we accept referrals from all health, social care and voluntary sector partners
- we also welcome referrals from individuals, relatives and friends
- each person referred to us will receive an assessment in their home or a place of their preference. Each assessment will take roughly 30 minutes
- following assessment a mental health wellbeing plan will be agreed by the older person and the Wellbeing Co-ordinator



Whether you need information for yourself, a relative or someone you care for, our Wellbeing Co-ordinator will help you find the answers you're looking for.

Please contact:

 0745 383 0723

 wellbeingservice@ageuksunderland.org.uk

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Stockton Road
Sunderland
SR2 7AQ
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www.ageuksunderland.org.uk



Volunteer

If you'd like to become a volunteer with Age UK Sunderland's Wellbeing Project, please detach the slip below and send it to the address given above. Volunteers are needed in all areas of the city.

Title:	Initials:	Surname:
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Address: <hr/> <hr/>	Postcode: <hr/>
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Tel:	Date:
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I understand that information will only be shared with third parties and partner organisations when necessary to provide a relevant service.

I confirm my agreement to this statement

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