

Supporting Independence Programme

With up to 12 weeks of one-to-one support, our dedicated Wellbeing Advisors are committed to improving client's health and wellbeing, helping them to achieve a better quality of life.

Examples of support include:

- Opportunities to meet with your Advisor to 'Walk and Talk' with the aim of increasing physical activity and socialisation.
- Support to access social opportunities within your local community to reduce isolation, including volunteering and clubs, groups and events to suit your hobbies and interests.
- Identification, intervention and support for low-level mental health and emotional difficulties.
- Identification, support and referral as appropriate to support daily life including housing support and money advice.
- Advice, information and support on managing the long-term effects of COVID-19.
- Advice, information and support on lifestyle issues such as nutrition, smoking and alcohol use.
- Identification of other issues such as blood pressure or use of multiple medicines and referral where appropriate including to memory clinics, continence services or community pharmacies.

Individuals can self-refer or make a referral on someone else's behalf and can do this by completing our short eligibility assessment via the link below. A member of our administration team will endeavour to contact clients within two working days to arrange an initial appointment.

<https://www.northamptonshire.gov.uk/councilservices/health/pages/supporting-independence.aspx>

If you have any further queries, please don't hesitate to **email our administration team on SIPInfo.NCC@northnorthants.gov.uk** or **call us on 01604 361533**.

Elizabeth Shulver | West Northamptonshire Wellbeing Coordinator |Supporting Independence Programme

Public Health Northamptonshire

North Northamptonshire Council on behalf of West Northamptonshire Council

One Angel Square, Angel Street, Northampton NN1 1ED

T: 0300 126 3000 | M: 07500604623

Twitter: @NNorthantsC

Facebook: @NorthNorthants

Web: www.northnorthants.gov.uk