



# Wellbeing Team

Tyntesfield  
Medical Group

Nailsea, Backwell,  
Long Ashton  
& villages

## Access

For everyone aged 18+  
registered with Tyntesfield  
Medical Group

Call us or ask your GP/nurse  
or other community agency to  
refer you

Face-to-face appointments,  
phone/video call, home visits

**Tel: 01275 866764**

**Helen Todd**  
**Tina Hennessy**  
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Base:

Tower House Surgery  
Stockway North  
Nailsea BS48 2XX



## What do we do?

There are many contexts to ill-health.

**The Wellbeing Team** work alongside your GP as an integral part of the healthcare team. We support non-medical need: when it is social, emotional and practical aspects of life that are causing most distress.

We offer extended listening – an opportunity to reflect on your own situation and to reconsider your choices.

You might wish to be put in touch with relevant non-clinical organisations who can help further. You may prefer short-term 1:1 support and mentorship from the Wellbeing Team itself.

The NHS uses the term '**social prescribing**' to describe these conversations that can link people to useful community and personal resources.

Tyntesfield Medical Group collaborates with Sirona health teams, North Somerset council, libraries, job centres, community groups, charities, churches and 65 High St. to name but a few.

## Who we can help

**'Social prescribing'** can be useful for people who are dealing with loss of all kinds; who are living with long term adversity; or who don't know where to turn or how to start.



## How it can help

**This social approach to health** can enable you to discover insight and to feel understood. Some people find the courage to realise hidden strengths and to make small changes in their lives.

It is our experience that many people take back some control over their health in this way. It is our hope that most people can start to feel and cope better - whether they live with an underlying medical condition or not.

## Positive Changes

Getting to grips with money  
Managing your home & care needs

Finding a physical activity you enjoy  
Becoming a local volunteer  
Going out

Expressing yourself  
Structuring 'time for you'

Feeling more confident  
Feeling valued and valuable

Enjoying better relationships

*'This is what I needed, not just pills'*

