

## Could the patient benefit from a conversation about their wellbeing?

Including:

- feeling lonely
- low mood/self esteem
- life challenges e.g retirement, bereavement
- worklessness/unemployment

We can support them to access community activities, peer support, advice and more

Book at reception to see a Social Prescribing Link Worker

Your link worker details:

**Ruth Box**

**Snodland - Mondays**

**Waterbury - Tuesdays**

**West Malling - Wednesdays, Friday AM**

**Thornhill - Thursdays**

**Phoenix - Friday PM**

T: 03000 810005

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W: [www.involvekent.org.uk/connectwell](http://www.involvekent.org.uk/connectwell)

