

## PPG Newsletter March 2024

### Andover MIND Team

The Andover Mind team within the Rural West Primary Care Network is composed of two Wellbeing Advisors (Sophie and Sharon) and one peer support worker (Carissa). The Wellbeing Advisors are able to offer an assessment to help identify what is going on for you, help you set goals and collaboratively agree on the most appropriate support for you. They can offer a further 4-6 sessions for any patients over the age of 18 years, struggling with low to moderate mental health problems. This could include things such as depression, anxiety, Obsessive Compulsive Disorder, panic attacks, stress etc. During these appointments they will not only be able to offer tools to help understand and manage your symptoms but also signpost you on to other organisations that may be able to offer longer term support as well. Referral to the Wellbeing Advisor can be obtained via your GP or by asking at Reception.

The Peer Support Worker is able to offer support across multiple sessions for patients who have been referred by the Wellbeing Advisor. The Peer Support Worker is able to provide support in the community to help build upon the work that you will have already completed or discussed with the Wellbeing Advisor using their own lived experience of mental health problems. This may include supporting you to attend a community activity, meeting you at your home to build your confidence, or working with you in the community to reduce your anxiety.

If you would like more information on the services offered by Andover MIND, please contact Reception and ask for a referral and you will be tasked to the Team who will be in touch.

### Social Prescribing

**Are you lonely and isolated?** We can support you in choosing activities to join or having a befriender. We can give you a warm hand and go along with you for your first time.

**Are you worried about your finances? Cost of living? Right benefits in place? Housing issues?** We can sign post you to the right support and advice.



**Stephanie Nelson**

**Are you a Carer?** We will listen to you and help you in getting the support in place. This could be talking about Power of Attorney, benefit advice, getting an emergency plan in case you are unwell, looking at carer groups for you and activities for the person you care for. We can do referrals to Adult Services for a carers assessment or a care assessment for you if you are cared for.



**Tracey Powell**

We can provide you with **emotional support** after losing a loved one and get the right help you need.

We network with all our areas getting the right information for you about what activities and groups take place, so you can feel part of your community.

Please contact your nearest Watership Down Health Surgery if you feel our support would benefit you.

