



Watling Medical Centre

“Health is a state of complete physical, mental and social wellbeing, and not merely the absence of disease or Infirmity. ~World Health Organization, 1948”

Contact us

Wellbeing service
108 Watling Avenue
Burnt Oak
HA8 0NR

Call us at the surgery

Tel: 0208 906 1711

Visit us on the web:

www.watlingmedicalcentre.co.uk

Find us on Facebook:

[WatlingmedicalcentreNHS](#)



WATLING WELLBEING SERVICE

Watling Medical Centre

Promoting Health and Wellbeing



Health & Social Care Navigator

Watling Wellbeing Service aims to support patients' psychological and social needs through a dedicated 'navigator', who can provide guidance and advice on services/organisations that help to maintain wellbeing.

Our navigator is supported by our reception and clinical staff, who can also provide information on local services .

How we can support

Our navigator can advise on accessing support for issues such as:

- Carer Support
- Substance misuse
- Bereavement
- Financial difficulties
- Housing
- Language Barriers
- Children's services
- Family support
- Elderly support
- Social Support



What is Health & Wellbeing

Wellbeing is part of your overall health and includes not only your physical health, but also your mental and social wellbeing.

Wellbeing can be affected by life events such as bereavement; unemployment; family break-downs and financial difficulties.

Why is health & wellbeing so important?

Mental wellbeing describes the way we think and feel about ourselves and others, our confidence and our ability to control things in our life.

At Watling Medical Centre, we recognise that sometimes psychological and social factors can affect your physical health and wellbeing.

We provide support by :

- Providing impartial advice
- Signposting you to relevant services or organizations
- Helping you to access resources
- One to one support
- Discuss issues of concern which affect your wellbeing

Further Information

If you would like further information on the types of things our Navigator can help with, or you would like to speak to our Navigator, please contact the Surgery,
Email: wellness.watling@nhs.net
or ask one of the reception team, GP's or Nurses.

Wellbeing events

We will be holding events locally in Burnt Oak. These will be advertised on our website, Facebook page and in the surgery.