



Wellbeing Team

Part of the GP Surgery Team

Health & Wellbeing Coaches

Support with lifestyle, diet & activity

Social Prescribing Link Worker

Emotional support, stress management, link to third sector

Mental Health Social Prescriber

Support with anxiety & depression

Mental Health Practitioner

Support with mental health problems



Get in touch for more information:
www.brighterbirkenheadpcn.co.uk



Scan Me!



Eat a little better



Move a little more



Stress a little less



Save a little more

Our GP Practices are:

- Villa Medical Centre
- Paxton Medical Group
- St Catherine's Surgery
- Devaney Medical Centre
- Riverside Surgery
- Whetstone Medical Centre
- Townfield Health Centre
- Hamilton Medical Centre