

Integrated Wellness Service

Healthy lifestyle
Stopping smoking
Healthy eating
Healthy mind
Physical activity
Sensible drinking
Health literacy and skills

Self-care and independent living
Self-care/condition management
Affordable warmth
Care and repair
Equipment, aids and adaptations
Advocacy

Families and early years
Healthy pregnancy
Breastfeeding
Parenting support

Work, learning and skills
Occupational health
Employment support
Volunteering
Education and learning
Health literacy

Health protection and personal safety
Dental health promotion
Substance misuse
Violence prevention
Sexual health

Community development and leisure
Arts and cultural
Leisure services
Community events/training
Health walks
Cook and eat

Welfare
Housing advice and homelessness
Debt advice
Welfare rights