

**Data protection:**

We take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. Full details of our data protection notice can be found on our website:

[www.nhsdg.scot.nhs.co.uk](http://www.nhsdg.scot.nhs.co.uk)

Data Protection Officer, NHS Dumfries & Galloway  
Mountainhall Treatment Centre  
Bankend Road  
Dumfries DG1 4AP

Telephone: 01387 244189

Email: [dumf-uhb.dataprotection@nhs.net](mailto:dumf-uhb.dataprotection@nhs.net)

**Contact Details**

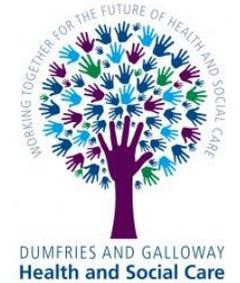
If you feel you would benefit from Healthy Connections you can ask your GP, Social Worker or any other health professional to make a referral on your behalf. Alternatively you can contact the team to explore a self referral:

Health and Wellbeing Stewartry  
Garden Hill Primary Care Centre  
Castle Douglas  
DG7 3EE

Telephone: 01556 505724

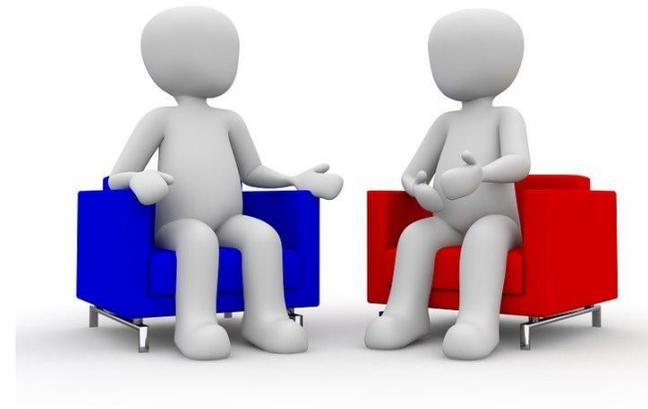
Email: [dumf-uhb.HCS@nhs.net](mailto:dumf-uhb.HCS@nhs.net)

Office hours are Monday to Friday 9am to 4pm



## Stewartry

## Healthy Connections



Information for you

## **What is Healthy Connections?**

Healthy Connections is a service in Stewartry which links people to community groups/activities and other public and third sector organisations in their local area, as a way of helping people feel more connected within the community and to improve their wellbeing.

Healthy Connections is for people over 18 years of age who feel they would benefit from some support. In particular, it will aim to support those who are experiencing stress and low mood as a result of life circumstances such as bereavement and social isolation.

Healthy Connections can support you to do something new and different and can help you to feel better in yourself. As a result you may feel more content, enjoy life and feel more able to cope with life's challenges.

## **How does Healthy Connections work?**

You may be referred to the Healthy Connections Team by your GP, or another health/social care professional that you are working with. They will discuss this with you first and ask for your consent to send your details to the Healthy Connections Team.

Someone from the Healthy Connections Team will try to contact you by telephone to arrange a first meeting; this is usually within 3 weeks of receiving the referral. If they are unable to contact you by telephone you will receive a letter by post.

Meetings usually last approximately one hour and take place in a Health Centre or in some cases a person's home. As we continue to work together, you may choose to change the location.

The frequency and number of the meetings you have will depend on you as an individual and your needs.

## **Support at appointments**

You can attend appointments on your own but if you prefer, you can bring a friend, family member or other person for support.

If there is anything else we could do to make the service more accessible or if you have needs you would like us to take into account, please let us know.

## **What will happen at your appointment?**

We will discuss what matters to you, giving you an opportunity to explore your needs in confidence with someone who understands, is practical, helpful and non judgemental.

Healthy Connections will support you in deciding what, if any, changes you would like to make.

You will be supported in identifying any potential barriers that may be stopping you from achieving what matters to you.

