



### **Community Health and Wellbeing Workers**

Community Health and Wellbeing Workers are here for you.

This is a free service in parts of Cornwall helping people with their health and wellbeing.

We can help you with many different problems:

- Health problems and doctors appointments
- Mental health issues
- Debt or money worries
- Loneliness or isolation
- Energy saving information
- Company and a chat over a cuppa

Our programme is free and has no end date, our service is ongoing.



## **Can I work with a Community Health and Wellbeing Worker?**

We work with people living in certain parts of Cornwall.

We offer help to everyone in your household if you live in one of our service areas.

Please check your postcode to see if you are eligible:

[Community Health and Wellbeing Workers - Volunteer Cornwall](#)

## **How do we help?**

A Community Health and Wellbeing Worker can help you in different ways.

They will get to know you over time and help you with any problems you may have.

They can meet you in your home, at community events or talk on the phone.

They will keep in touch with you and help you in different ways.

## **What do I have to do?**

This programme is optional.

If you want to work with us you will have to give consent to work with a Community Health and Wellbeing Worker.





### **Have you had a letter or leaflet from a Community Health and Wellbeing Worker?**

If you have had a letter or leaflet from a Community Health and Wellbeing Worker then we can help you.

Please contact the Community Health and Wellbeing Worker or organisation on the letter to find out more.

Or put your postcode into our postcode checker :

[Community Health and Wellbeing Workers - Volunteer Cornwall](#)

### **Are Community Health and Wellbeing Workers part of the NHS?**

We are funded by the Integrated Care Board of Cornwall and the Isles of Scilly, part of the NHS.

We are linked with your GP practice but we are not employed by them.

The Community Health and Wellbeing Workers are employed by a local community organisation.

