

5 Years of Midlothian Wellbeing

The Midlothian Wellbeing Service

supporting people to better manage long term health conditions and challenging life situations

2015



2020

September marks the 5th anniversary of the pioneering partnership between **Thistle Foundation** and **Midlothian Health and Social Care Partnership**. The Midlothian Wellbeing Service offers wellbeing coaching and support to people living with long term health conditions or facing challenging life situations.

Midlothian Wellbeing in Numbers

- ● **5094 people referred** for support
- ● Wellbeing Practitioners based in **all 12 GP practices** in the county
- ● **10 peer volunteers** supporting the service

Support available

- ● Initial **Good Conversation**
- ● **1-1 solution-focussed coaching**
- ● **Lifestyle Management** course
- ● **Mindfulness** course
- ● **Peer volunteer** training and opportunities

Looking Ahead - Future Plans

- ● **Improving the Cancer Journey** with Macmillan Cancer Support
- ● **New Beginnings** course delivered in partnership with Health in Mind
- ● Continued signposting to more than **50 community organisations**

"If you told me back in October things would be like they are now and I'd be able to attend the course and make improvements, I'd have told you to get on your bike."



"Other services don't listen or interact. They talk at you. Wellbeing is talking with you and giving you tools to use."



"The group sessions were invaluable, I didn't realise what a great impact they'd have on my recovery, it was so good for me, it's been a life-changer."

