

WHO IS OFFERING THE SERVICE?

Disability Resource Centre
0303 040 2040

Disability Resource Centre (DRC) is a charity run by disabled people, for disabled people.

Every year, DRC helps 4,000 people with long-term health conditions and disabilities to actively seek out opportunities and regain control over their lives. Warm and friendly staff, many of whom are disabled themselves, provide inspirational role models to encourage people to make the most of every opportunity.

DRC offers a range of services to improve health and wellbeing including, social and leisure activities, healthy lifestyles workshops, exercise classes and peer mentoring.

DRC also offers volunteering opportunities, personal skills development and advice and advocacy services, all free of charge.

ABOUT BIRMINGHAM BETTER CARE

The Better Care Fund is a collaborative programme. It is overseen by the Birmingham Better Care Board, which comprises leaders from Birmingham Health and Wellbeing Board, Birmingham City Council and the NHS.

The £5.3bn Better Care Fund (formerly the Integration Transformation Fund) was announced by the Government in the June 2013 spending round, to produce a plan to integrate Health and Social Care services. The Better Care Fund (BCF) is one of the most ambitious ever programmes across the NHS and Local Government.

It creates a local single pooled budget to incentivise the NHS and local government to work more closely together around people, placing their wellbeing as the focus of health and care services

WELLBEING COORDINATOR

Supporting you to improve your quality of life



WHAT IS A WELLBEING COORDINATOR ?



The role of the Wellbeing Coordinator supports people aged 50 or over to address social issues that have a detrimental impact on their lives. The aim of the Wellbeing Coordinator is to improve a person's quality of life by supporting them to maintain their independence, build resilience, increase self-confidence and encourage active engagement with the community around them.

This service is non-clinical

HOW CAN THE WELLBEING COORDINATOR HELP ME?

The Wellbeing Coordinator will support you to do the things you want to do. The coordinator can help you to:

- Develop a personalised action plan to achieve your goals.
- Make informed decisions about your health and wellbeing.
- Build confidence to manage your health conditions.
- Support you to access appropriate information, advice and guidance.
- Identify and access groups and activities in your area.
- Introduce opportunities for you to socialise and meet new people.

HOW CAN I ACCESS THE SERVICE?

Your GP will send a referral to the Wellbeing Coordinator once you have given consent.



The Wellbeing Coordinator will contact you to arrange an initial appointment.



The Wellbeing Coordinator will work with you to arrange the right areas of support.



The Wellbeing Coordinator will identify and help you to access local groups, activities or services.