

Link to Wellbeing Project in Northern Ireland

Western Health and Social Care Trust

Background

The Health Improvement, Equality and Involvement department, Trauma and Orthopaedic services and community and voluntary organisations work in partnership to deliver prehabilitation style programmes with patients on Trust waiting lists for knee or hip replacement surgery. Focussing on different topics each week, including movement and mobility, nutrition, pain management, mental health and peer support, the project aims to support patients to maximise their physical, mental and emotional wellbeing while they wait for surgery.



Launch of the Link to Wellbeing Project

“The programme was brilliant and I haven’t missed a session. From yoga to sleep therapy, every session was worthwhile and I’m so glad I attended.”

- Teresa Fox,
beneficiary

100%


found the programme
beneficial and would
recommend

Positive Partnership Working

Having partners in the community and voluntary sector delivering these programmes has been vital for supporting patients in their own communities both during and after the programme ends.

We hope Link to Wellbeing will have individuals in the best health prior to surgery and in turn a more positive recovery post-surgery and better health in the longer term with more knowledge of the services available in their local communities.



Website:  www.westerntrust.hscni.net

Social media:  @WesternHSCTrust

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 @westernhscstrust