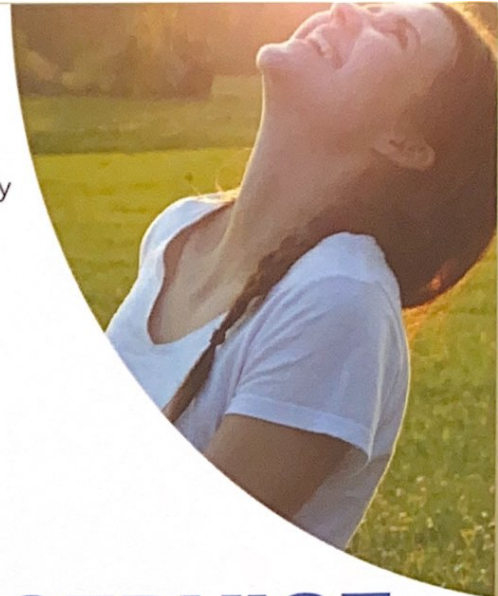




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WAITING WELL SERVICE

Great Yarmouth and Waveney

This free service from DIAL Great Yarmouth can provide support to patients awaiting orthopaedic surgery.

We aim to support people to arrive for surgery and appointments in the best possible physical and mental health. Surgery is a big life event and research shows that people who keep mentally or physically active feel happier and live healthier. Patients taking advantage of this service can be helped to maintain and improve overall wellbeing and have a faster recovery post surgery.

We can help you to

- Get involved in some community-based activity such as activity/ hobby clubs and social networks
- Provide accredited welfare advice and advocacy services including benefit entitlements and money, debt & budgeting support.
- Encourage and facilitate participation in safe activity that can help keep joints healthy.
- Support you to engage with outpatient support i.e. GP appointments and tests.
- Advocate on your behalf, connecting you to appropriate partner agencies to get the support you need.
- Help you plan for surgery and prepare for recovery.

To find out more why not contact DIAL Waiting Well Service directly or speak to your GP, Surgery or Orthopaedic Physician



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