

The Well Centre

Overview: The Well Centre is a youth-friendly, GP-led health hub model supporting young people aged 11–20. It is delivered by a multidisciplinary team including GPs, a CAMHS mental health practitioner, an integrative therapist, and Health and Wellbeing Practitioners (HWPs). HWPs provide trauma-informed, youth-centred interventions such as motivational interviewing, solution-focused therapy, mentoring, social prescribing, and targeted support for transitions (for example, diabetes and youth justice).

Objectives:

- Meet the health needs of YP traditionally underserved by community and primary care
- Provide holistic care with a “no wrong door” approach
- Support others to establish model elsewhere led by Well Centre Charity

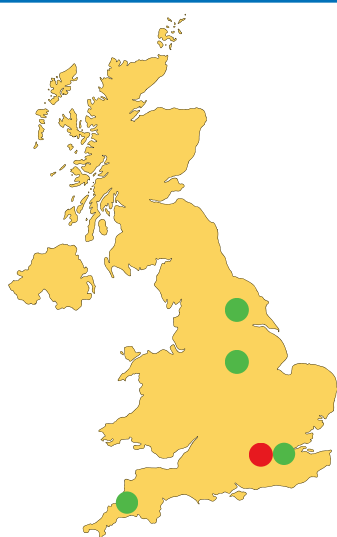
Results:

Over 50% of service users live in the most deprived IMD deciles (1–3), and the service supports a highly diverse population - young people from over 45 ethnic backgrounds accessed the service in 2023–24.

The model is co-produced with young people and tailored to their needs. In 2023–24, 82% of young people reported improved wellbeing (WHO-5) and 94% said they would recommend the service.

Learning:

1. Strong GP leadership and clinical credibility
 2. Dedicated, multi-skilled team
 3. Co-production with YP
 4. Local commissioning support
- YP face barriers to traditional GP services, there are gaps in commissioning. The Well Centre Charity is leading work to help other areas adopt the model through training, partnerships and a shared framework.



More information: www.wellcentrcharity.org
www.thewellcentre.org
<https://www.cypnow.co.uk/content/analysis/improving-youth-primary-care>