

Our Link Worker

The link worker will enable you to get access to the support you need when you need it. The support provided by the link worker could include developing skills to take responsibility for your wellbeing, meeting people and getting involved in the activities you enjoy or enabling you to access services to deal with day-to-day issues like housing, employment, benefits and debt.

The five ways to wellbeing were researched and developed by the New Economics Foundation.

- Connect
- Give
- Take Notice
- Keep Learning
- Be Active



**Ask your GP or clinician
about Social Prescribing**

**It could be the first step
towards a happier and
healthier you.**

168 Medical Centre
Tudor Lodge Surgery
Graham Road Surgery
Horizon Health Centre
Cedars Surgery
Stafford Medical Group
Milton Surgery
Winscombe and Banwell Family Practice

Social Prescribing



A helping hand for better
health and wellbeing

What is Social Prescribing?

The Social Prescribing team work closely with GP practices to support patients with their non-medical needs.

Social Prescribers can help with:

- Looking after yourself
- Community Activities
- Work, Training and Volunteering
- Finances
- Housing
- Relationships
- Making Social Connections
- Mental Health and Wellbeing

Feedback from our clients

I was very grateful for all the help and support the Link Worker offered me.

You have been helping me by listening to me and offering practical information and offering options. I feel very well supported through a difficult time.

The Link Worker was very kind and helpful and gave me some good information - a light in dark times

Referral Request

If you would like an appointment with our Link Worker, fill in your details and hand this flyer to your GP reception or the team member at the community event.

(This service is for over 18s only)

Name

Phone

Date of Birth

GP Surgery

Email (optional)

Why I would like a referral

Date