

# Social Prescribing



## COMMUNITY LINK WORKERS



# Social Prescribing



- Social Prescribing is a short-term non-medical service supporting individuals to improve their health, wellbeing and independence by taking a holistic view of their lives
- The idea behind Social Prescribing is to help patients have more control over their own health and wellbeing
- Addresses wider detriments to health, such as debt, poor housing, isolation, physical inactivity
- Particularly works well for people with long-term conditions, socially isolated or have complex social needs that affect their wellbeing



## Community Link Workers

- CLWs will spend time with patients listening to what matters to them and work with patients to find possible solutions
- We support patients for up to 3 months, completing a support plan and setting goals
- Connect patients to community groups and statutory services

# Examples of Referrals

<b>Problem</b>	<b>Typical Support</b>
<b>Social isolation/ loneliness</b>	Referring to befriending services and encouraging attendance at social groups. Building a Relationship with the patient and providing a mentoring service if required.
<b>Transport problems/blue badge applications</b>	Advising patients about transport options in the area and looking at the costs of these. Offering support to complete forms.
<b>Bereavement</b>	Signposting to Cruse bereavement counselling or other appropriate counselling support.
<b>Inadequate housing</b>	Providing advice and referring to organisations such as Shelter and P3 who can support tenants with their housing situations.
<b>Financial problems/ poverty</b>	Signposting to the money advisory service, debt support services, Citizens Advice and the DWP. Help to complete benefit applications & basic budgeting advice, signposting to agencies if appropriate.
<b>Carers for a family member</b>	Offering advice on how to support family members with a disability and signposting to organisations such as the Alzheimer's Society and Carers Bucks.
<b>Information about social care</b>	Advice on how they can access social care via social services. Advice on Assistive Technology.
<b>Improving physical activity and health</b>	Signposting to local groups for physical activity and wellbeing exercises. Referring to services such as Live Well Stay Well.
<b>Support for long term conditions</b>	Can offer support for those with long term conditions to manage their conditions more independently. CLW'S will be offering Peer Support for LTC.
<b>Mental Health</b>	Signposting to counselling, peer led social groups, wellbeing groups, befriending and accessing crisis support. Accessing resources/reminiscence packs for older adults with Dementia.
<b>Older Adults</b>	Help to access shopping & cleaning services and general advice around practical support. Signposting into Age UK services. Assistive Technology advice.
<b>Young people</b>	Advice on education and work opportunities, support for isolation and signposting to online counselling. Social media support groups for conditions.

# Community Link Workers- Projects being worked on



- Building relationships with local Voluntary, Community and Social Enterprise groups/organisations and statutory services
- Joint webinars and projects being set up with local partners, VCSE organisations
- Connecting with PPG groups, Community Boards etc
- Engaged with the Population Health Management development programme
- Undertaking welfare calls

# Thank you



[Mandy.bates8@nhs.net](mailto:Mandy.bates8@nhs.net)  
[Theresa.corcoran1@nhs.net](mailto:Theresa.corcoran1@nhs.net)