

What will my Link Worker do?

Your Link Worker will first contact you by phone to arrange a time and place to meet. You can meet your Link Worker at a community venue, GP practice (where possible) or at home.

When you meet your Link Worker, you will be able to spend some time getting to know each other. This will enable the Link Worker to help you figure out what matters most to you right now.

When you are ready, you will both work on a plan that will help you prioritise where to start.

You will have between six and twelve sessions together to help you achieve your agreed goals. Don't worry if you don't think you will need that many sessions. The plan is led by you and you can opt out at any time.



The Link Workers are based in the following organisations and are part of Sefton CVS's Living Well Sefton Partnership.

Brighter Living Partnership

Southport Community Centre,
Norwood Road, Southport,
Merseyside PR8 6HQ



Registered Charity No 1101722 Company Limited by Guarantee No 03973156

Sefton CVS

Suite 3B, 3rd Floor, North Wing, Burlington House,
Crosby Road North, Waterloo, Liverpool L22 0LG

Registered Charity No 1024546 Company Limited by Guarantee No 2832920

If you have any questions about social prescribing please call Living Well Sefton on **0300 323 0181**.



Social prescribing at your GP practice

The Link Worker at this practice is

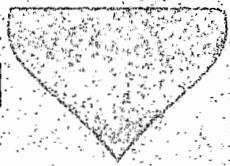


Sefton CVS
Supporting Local Communities



Sefton Council for Voluntary Service (CVS) Registered Charity No 1024546
Registered in England Company Limited by Guarantee No 2832920

What is social prescribing?



Social prescribing is an approach to supporting people in a very person-centred way to improve their health and wellbeing.

We know that a person's health can be affected by a whole range of factors. Social prescribing takes these factors into account, and aims to support individuals to take greater control of their own health.

The NHS have identified that this approach can help some of the millions of patients attending their GP practice each year to live healthier, happier lives. In order to enable patients to improve their wellbeing, NHS England have funded Primary Care Networks to provide a social prescribing service to their patients. In Sefton, this service is delivered as part of Sefton CVS's Living Well Sefton programme.

To find out more about Living Well Sefton go to www.livingwellsefton.org.uk.



How can social prescribing help?

Social prescribing Link Workers can help you get more out of life by supporting you to address any non-medical issues that may be affecting your health and wellbeing.

Part of the service involves connecting people to a wide range of community activities such as:

- Befriending services
- Sports clubs
- Volunteering opportunities
- Learning new skills
- Arts activities

and many more community activities.

We can also connect you to any specialist advice or guidance you may need, such as help with benefits, housing advice or support to get back to work.

The Link Workers have a really good knowledge of the activities and support that is available in the local community and can help you find something that's right for you.



Am I eligible for support?



If you live in Sefton or are registered with a Sefton GP you are eligible for support from a Link Worker.

Your GP or practice nurse may suggest making a referral during one of your appointments. This is voluntary. If you think you might benefit from social prescribing, you don't need to make an appointment with your GP to be referred - one of the reception team can do it for you.

