

WHAT WILL MY LINK WORKER DO?

Your social prescribing link worker will contact you via the contact details you provide.

The initial assessment involves getting to know one another.

The link worker will ask you about you presenting problems, hobbies and interest etc. You and your link worker will then work together to create a plan and arrange a follow up either via a face to face appointment or phone call.



Your Link Worker might introduce you to a community group, a new activity or local club. Or they might help you find legal or debt advice. They can assist you with finding relevant information and guidance.

Your Link Worker can even support you to create something new such as a gardening club, a fishing group, a “men’s in sheds” or knit and natter group

Many things can affect our health and wellbeing. This can lead to visits to the GP surgeries for help because of factors just as isolation, stress, financial and housing problems. Sometimes it is the stress of managing a long-term condition.

What can a social prescriber support you with?

- Healthy lifestyle
- Housing support – sourcing help with housing relation issues
- Financial and debt support
- Volunteering or employment support
- Social isolation/ loneliness
- Navigating services
- Low level mental health problems

HEALTHBOX

Chester Care. Chester Compassion and Chester Community Wellbeing

