

Supporting all patients to ensure they get the right help, support and guidance to improve their overall health and wellbeing

Your CommunityLink worker can support you to improve self-care in the following areas:

- One or more physical long term conditions
- Smoking
- Drug and Alcohol Awareness
- Weight Management
- Physical Activity
- Social Isolation
- Emotional Wellbeing (low level stress and anxiety)
- Carer support
- Welfare support
- Sexual Health
- Relationships

Or any area that is affecting your wellbeing that is a non-medical issue but is affecting your ability to self-care and stay well.

## Where can I find a CommunityLINK worker?



### Get in touch with

CommunityLINK  
EAST RIDING

0800 9177752

hnf-tr.socialprescribing@nhs.net

@SPrescribingER

www.nhs-health-trainers.co.uk

The service is FREE and confidential.  
You can contact CommunityLINK  
Monday to Friday, 8am – 8pm

If your preferred language is not English, or for those who are blind or partially sighted, we can make arrangements to help you with this document.

EAST RIDING  
OF YORKSHIRE COUNCIL

Improving Health  
and Wellbeing

NHS  
Humber Teaching  
NHS Foundation Trust

CommunityLINKS  
EAST RIDING



MAKING EVERY  
CONTACT COUNT

healthtrainers

## The role of CommunityLink workers

CommunityLink workers are there to offer individualised, personal support and motivation to adults across the East Riding who may require solutions to social, emotional or practical needs that will enable each individual person accessing the service to feel empowered, leading to improvements in their health and wellbeing.

We all have issues in our lives which may affect our health in some way. You may want to improve your confidence, improve the management of your financial position, work on a relationship, know where to go for information relating to social care, you may care for a loved one and need guidance to manage your own wellbeing, or just generally feel better about yourself.

We understand that there are many things that affect our ability to feel healthy and remain independent. CommunityLink workers will create individualised personal wellbeing plans with you.

Your personal wellbeing plan will be developed by you and your community link worker. The CommunityLink worker will offer support, guidance, help and motivation to proactively improve your wellbeing.

CommunityLink workers are friendly, understanding and supportive. They will help and encourage you to achieve your goals.

## Who are CommunityLink workers?

CommunityLink workers are people like you. They have been recruited from the community, bringing with them a range of skills, experience and local knowledge.

CommunityLink workers come from a variety of backgrounds. They have the knowledge and experience of living and working in the community and they understand how difficult it can be to make healthy choices sometimes or manage your own health needs.

CommunityLink workers have undergone extensive training and they keep up to date with all the latest health information. Based in general practice they will be on hand to offer direct information, guidance and support when you next visit your GP or practice nurse. They will be out and about at public events to give out information and support you.

CommunityLink workers will help you set achievable goals, develop your personal wellbeing plan, identify and overcome barriers and provide ongoing encouragement and support. They know the local area and can put you in touch with local services, community groups, support and self-help groups, social care and much more.

CommunityLink workers can spend up to an hour with you at each meeting, meeting as regularly as is necessary to help signpost and guide you to gain the right help, support and information that is required for you to improve your wellbeing. Telephone support is also available or home visits if required.

CommunityLink workers are not qualified to give medical advice. If you have a high-risk medical condition e.g. heart problem or uncontrolled high blood pressure. You are advised to see your GP or practice nurse before making any major lifestyle changes.

We know there are many people in the East Riding who struggle with feeling lonely or isolated which can impact on their wellbeing including depression and low mood, poor quality of sleep, reduced mobility, motivation and self-esteem along with an increased risk of unhealthy choices.

Our Community Link team want to help you to access local support and social groups as many may have held back previously due to lacking confidence or simply didn't know what was available. Your Link Worker will signpost and support you to take the first steps to attend groups tailored to you, which will help form new friendships and improve your overall wellbeing.

## How do I seek the support of a CommunityLink worker?

They will be based in your general practice and you can be referred by your medical professional, adult social care or hospital discharge team.

**Call: 0800 9177752**

**Email: [hnf-tr.socialprescribing@nhs.net](mailto:hnf-tr.socialprescribing@nhs.net)**

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