

How do I get an appointment with a Link Worker?

Contact your GP practice by phone or visit their website.

You will be referred by a member of your GP Practice Healthcare team (Healthcare professional or reception staff).

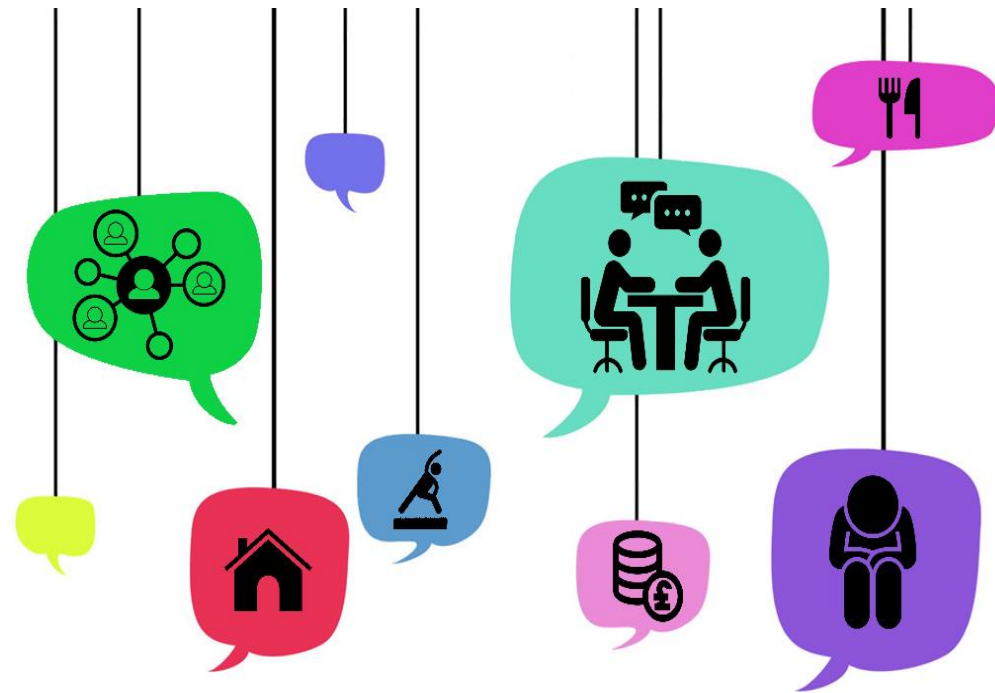
The Link Worker will contact you by phone to discuss the referral with you. The call will be within 5 working days from referral date. The Link worker may invite you to come to see them at your GP practice or arrange to meet you elsewhere locally.

In order to best help you, the Link Worker will have full access to your medical records. If you do not give your consent for this, you can self-refer through

AgeUK Islington on 0207 281 6018

Help On Your Doorstep on 0203 931 6080

For any questions, please contact your practice



SOCIAL PRESCRIBING IN ISLINGTON

How can we help you?





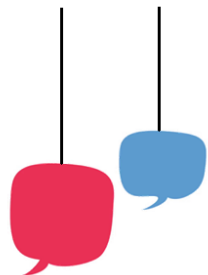
What is Social Prescribing?

The aim of the social prescribing service is to help you have more control over your health and well being.


Social prescribing is offered through a **Link Worker**, who is a part of your GP Practice Healthcare Team. The Link worker will help you find ways to improve how you feel in a way that suits you.

The **Link Worker** can help direct you to local activities, working with the practice staff and a wide range of services provided by Islington Council, NHS and the voluntary sector to support you to feel better, more confident and more able to manage your current situation and health.

You must be over 16 years old to use the service.



What could a Link Worker support you with:

- Housing, benefits, financial support and advice
 - Finances and debt
 - Creative and outdoor activities
 - Befriending, counselling and other support groups
 - Involvement in local groups and activities
 - Healthy lifestyle and physical activity
 - Social and learning opportunities
 - Work, training and volunteering
 - Education and learning
- 

What are the benefits?

Studies show that patients supported by social prescribing feel better faster than those treated with medicine alone.

- Reduced isolation and loneliness
 - Lower stress and anxiety
 - Improve quality of life
 - More motivation, mood and energy
 - More confidence
 - Finding local activities and services, and help you access them
 - Have a more active lifestyle
- 