

## Your Link Worker

**Kathy Grocott** works alongside GP's and other staff in your Doctors Surgery.



connect

Discover ways to re-connect with your family, friends and community

notice

Take notice! Pay attention to yourself and what is around you.

be active

Simple ways to get moving in everyday life.

give

Do something kind to boost your happiness.

learn

Learning something new gives a strong feeling of achievement.

## Which practices will she be working with?

**Moss Lane Surgery,**  
Moss Lane, Crewe, CW3 9NQ

☎ 01782 750274

**Betley Surgery,**  
Main Road Betley, Crewe, CW3 9BL

☎ 01270 820527

**Silverdale Medical Centre,**  
Vale Pleasant, Newcastle -under-Lyme,  
ST5 6PS

☎ 01782 315654

**Ashley Surgery,**  
School Lane, Market Drayton, TF9 4LF

☎ 01630 672225

**Keele Practice,**  
Keele University, Newcastle-under-Lyme,  
ST5 5BG

☎ 01782 753550

**Kingsbridge Medical Centre,**  
Kingsbridge House, Kingsbridge Avenue,  
Newcastle-under-Lyme, ST5 3HP

☎ 0300 123 1892

# Social Prescribing

Connecting you with your community



  
**brighter futures**  
creative support, housing and employment



[www.brighter-futures.org.uk](http://www.brighter-futures.org.uk)

## What is Social Prescribing?

**Social Prescribing** is a means of GP's and other Health Professionals to refer people into local, non-clinical services.

A Social Prescribing Link Worker is available to work with anyone over the age of 18 within the local community.

### Your Link Worker

**Is someone who** will listen, support and explore 'what matters to you' and work with you to create a personal plan highlighting your needs.

Your Link Worker can provide support, information and signpost within the local community by linking in with voluntary, community sector organisations and other agencies.

**They will help you to find support that works for you**

## Social Prescribing helps people

- To adjust their lifestyle, ie, weight loss/ stop smoking/more exercise ✓
- Look after themselves, when they're not eligible for social care ✓
- Manage their symptoms, ie, finding support groups. ✓
- Find work/volunteering support With money/finances ✓
- If they have issues with accommodation due to changing needs. ✓
- Gain new networks and friends ✓
- To feel positive about their lives ✓

### It can help you to improve your overall wellbeing



## To access social prescribing

For further information, speak to your GP who can complete a referral to the Social Prescribing Link Worker.

You will be contacted to arrange a convenient time and place to meet.

### Brighter Futures

Brighter Futures is a leading provider in the Midlands of expert and professional help through its support services and accommodation for people living with multiple and complex needs.



01782 406000 (ask for Mark Lawton)



info@brighter-futures.org.uk



@BrighterFuturesNW



@BFNW

  
**brighter futures**  
creative support, housing and employment