

South Hams GPs and South Hams Community and Voluntary Services

This initiative has come about through a partnership arrangement and we would love any feedback. Please email us on cvs@southhamscvs.org.uk or write us a letter.

Thank you



Your Link Worker for Dartmouth is:

Kate Cooke

Kate is based in the offices of Dartmouth Caring, opposite **Dartmouth** Medical Practice.

Kate covers Monday to Thursday 9.00 a.m. — 2.00 p.m. When she is unavailable, you can leave a message for her.

Tel: 07985759798, 01803-835384,
Email: Kate.Cooke@nhs.net

South Hams PCN Linkworkers phone line:
01548 435015

Dartmouth Caring
Supporting Our Community



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South Hams Social Prescribing Link Worker Service



*South Hams Primary Care
Network of GPs and
partners*



Social prescribing—time for you

There is a growing body of evidence which shows that social prescribing improves wellbeing for people, giving them more control over their lives. The social prescribing link worker role has emerged over the past few years and they are recruited for their listening skills, empathy and ability to support people.

Link workers are employed in non-clinical roles, supporting people to unpick complex issues affecting their wellbeing. They enable people over a number of meetings to have more control over their lives, develop skills and give their time to others as well as themselves, through involvement in community groups and activities.

South Hams Social Prescribing

Social prescribing connects people with a wide range of community-based activities and support. It helps individuals to improve their health and wellbeing, based on “what matters to me” conversations and a personalised care and support plan developed between the social prescribing link worker and the person they are working with. This could include creative activities such as art, dance, and singing. It could be walking football, gardening, fishing, walking, beach cleaning or knitting groups. It might also be to services such as debt counselling, housing and other practical support agencies. Or it could help you back into work or volunteering. It will depend on what that person’s own priorities are.

Our social prescribing link worker service covers Dartmouth, Chillington, Kingsbridge, Salcombe and Modbury. You may be referred with your permission by your GP, but it may be your district nursing team or social worker. If they and you think we can help, then you are eligible for our support.

Social prescribing is a way for you to discover avenues of support, activity and friendship within YOUR local community. You may be new to the area, had a change in your circumstances, feeling isolated, or perhaps you just need a helping hand in discovering opportunities and activities. Rest assured there is plenty going on which we can help you to connect with.

Social Prescribing for Better Health and Wellbeing

Social Prescribing helps you to explore extra services that may support you to improve your health, wellbeing and independence.

How does it work?

A member of your GP practice or health and social care team may suggest a referral to the Social Prescribing service. One of our Social Prescribers Link Worker will contact you to find out what you are interested in, tell you about what activities and services are available locally and help you to access them.

Together you will be able to:

- Explore what is important to you or your life and wellbeing
- Identify the local activities and services you can benefit from
- Gain support and encouragement to start using services that can help you

The social prescribing link worker is someone:

- To talk to confidentially
- Who is practical, helpful and who will not judge you
- Who can help you decide what you’d like to do to improve your quality of life
- Concerned with your health, wellbeing and independence
- Who can find you activities that will suit you
- Who can give you support along the way