

Posterngate Surgery's wellbeing link worker



Bethany is an experienced link worker who works for 'Living Well' North Yorkshire County Council's Social Prescribing service. She has been working with local authority for over 5 years with previous experience in health and social care for 10 years. Bethany will be working at Posterngate Surgery Mondays, Tuesdays and Fridays.

Dr Richard Stockley says:

"Having a wellbeing link worker based in the practice is a very positive development in being able to offer our patients an all-round excellent service."

Wellbeing link workers have been employed by the Selby Town Primary Care Network (PCN) to work in GP practices as part of the offer of Social Prescribing to patients.

This leaflet was developed by NHS Vale of York CCG on behalf of Selby Town Primary Care Network (PCN).

If you have any queries phone Posterngate Surgery on: 01757 702561

For more information go to www.valeofyorkccg.nhs.uk/socialprescribing

Social prescribing service



How wellbeing link workers support you

What is social prescribing?

At its most basic, a social prescription offers the kind of help that doesn't come in a tube or bottle. Instead, a wellbeing link worker creates your own social prescription to provide support that will help you access activities to improve health and enjoyment in life.

What is a wellbeing link worker?

A wellbeing link worker gives people their time and seeks to address individuals' needs in a holistic way, focusing on 'what matters to you'. They can connect people to community groups and relevant services for practical and emotional support, as well as helping individuals to take greater control of their own health and wellbeing.

What could a social prescription include?

A personalised care and support plan developed between you and a wellbeing link worker could include creative activities such as art, dance and singing. Or it could be walking football, gardening, fishing or knitting groups. And it might also be to services such as debt counseling, housing and other practical support agencies. It will depend on what your own priorities are.

How can social prescribing help me?

Some of the health and social benefits include:

- Lower stress and anxiety
- Reduced isolation or loneliness
- More motivation and energy
- Improved mood
- More confidence
- Reduced pain and fewer symptoms
- A more active mind



How do I make an appointment to see a link worker?

If you're a patient at **Posterngate Surgery** then you can call the surgery on **01757 702561** and ask to see the wellbeing link worker. GPs and practice nurses can also refer you to a link worker and receptionists may automatically book you in with a wellbeing link worker if you are suitable for this service.

Will I need to see the link worker on a regular basis?

The number of times you see a wellbeing link worker will depend on your needs. This could be a one off appointment, or take a few more whilst they connect you with community groups.

Why is a wellbeing link worker based in the GP surgery?

Many people go to their GP because it's a familiar route to seek help but not everyone needs a medical solution. A wellbeing link worker based in our surgery will enable you to access the right support to tackle your problems and feel better.