

A Link Worker is here to support a client by:

- Working alongside a GP and other health professionals
- Offering a safe, confidential space to talk
- Listening to the problems a person is facing
- Helping them explore “what matters most to you”
- Agreeing goals together that feel right for them
- Communicating with other services on their behalf
- Connecting them with local activities and services

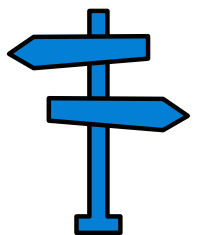


Link Workers typically work with people over **6-12 contacts** either via phone calls or face-to-face meetings. This can happen over a **three-month period**.

We encourage the team to meet with clients face-to-face as much as possible.

What we can work on with a client:

- Long term conditions (self-management) including Dementia, Diabetes, persistent pain.
- Healthy eating
- Exercising
- Menopause
- Social isolation
- Carer pressures
- Cost of living pressures
- Families and parenting
- Frequently attending GP
- Struggling to access and navigate services
- Low level mental health
- Confidence building
- Engagement in, and accessing, community activities, including volunteering opportunities

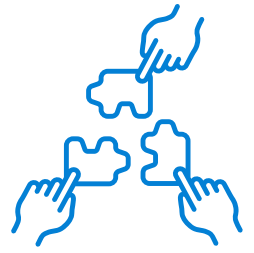


We cannot work with a client:

- who has not consented to be referred to DWB
- who is experiencing a severe, unmanaged mental health episode
- who is engaging in criminal activity
- who is known to be aggressive, violent or abusive to staff

We can refer or signpost people for support with:

- Employment, skills, training and learning
- Benefits
- Debt
- Housing
- Moderate mental health issues
- A diagnosed mental health condition which is well managed
- Bereavement
- Aids and adaptations
- Stopping smoking
- Social care



We may be able to work with*:

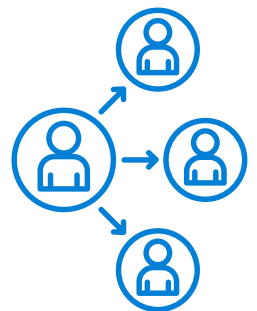
- Those struggling with alcohol/substance abuse
- Those who are having suicidal ideation
- Those with severe learning disabilities
- Those who are under 18, unless part of a family unit or for a specific project e.g. Children, Young People and Families Social Prescribing Link Worker or SCH Family Coach

*referral will be discussed before being accepted



How to make a referral to a Link Worker as a professional:

- For Clover Darnall, Clover Highgate, Clover North, Clover City, Clover Mulberry, Harold Street and other health professionals working with these practices and using SystmOne:
Please task us via the *Clover GURU* task group
- For Handsworth Medical Practice:
Please use task group *Darnall Well Being Link Workers*
- For any other health professionals:
Please email the referral to virtual.ward@nhs.net
- To speak with one of our Social Prescribers, please contact us on:
0114 249 6315



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[dwb.enquiries@
darnallwellbeing.org.uk](mailto:dwb.enquiries@darnallwellbeing.org.uk)



Stay up to date with all the latest news about what we have on offer via our website or social media: <https://darnallwellbeing.org.uk/>