



# The role of a Social Prescribing Link Worker

## Helping patients to manage and improve their health and wellbeing.

A person who works in Social Prescribing is called a 'Link Worker'. A Link Worker supports patients to identify what matters to them, build their confidence and better manage their own health and wellbeing by connecting the patient to community groups where they can get practical and emotional support.

A Link Worker will help patients to access the right support at the right time, which helps to prevent issues from escalating. They can also support individuals to manage the effects of their long-term health conditions.

## Each Primary Care Network has a designated Link Worker who will:

- Speak to the patient to understand what really matters to them
- Consider the needs that are impacting on their health, such as social and economic factors
- Work with the patient to create a support plan and set goals to work towards
- Meet with the person at a place that is accessible or familiar to them, such as a GP surgery, community venue or their home
- Connect people to local communities, groups, and organisations for practical and emotional support

## Who should be referred to a Link Worker?

A Link Worker will work with people over 18 who are lonely or isolated, have long-term health conditions, use the NHS regularly, need support with their mental health, struggle to engage with services, have wider social issues such as debt, housing problems, employability issues or relationship problems and/or are carers.

To refer someone to a Link Worker, email the F12 form via System 1 to [ageuknotts.socialprescribing@nhs.net](mailto:ageuknotts.socialprescribing@nhs.net) or call **0115 6976 312**.