

## Karen Griffiths is our social prescribing link worker



Karen has extensive experience in community health and social care, working in varied roles which include a young and young adult carer, employment advisor, fostering and adoption, NHS health care assistant and DIAL (disability information advice line). Karen previously worked for North Yorkshire County Council Living

Well Team for three years before starting this role.

### What does your GP think of this new role?

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

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

If you have any queries, call your local surgery, speak to your GP or contact Karen on 07931762560 / [karen.griffiths4@nhs.net](mailto:karen.griffiths4@nhs.net)

This leaflet was developed by NHS Vale of York CCG on behalf of Tadcaster and Rural Primary Care Network (PCN).

For more information go to [www.valeofyorkccg.nhs.uk/socialprescribing](http://www.valeofyorkccg.nhs.uk/socialprescribing)

## Social prescribing service



### How social prescribing 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 social prescribing link worker?

A social prescribing 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 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 **South Milford Surgery, Tadcaster Medical or Sherburn Group Practice** then you can call the surgery and ask to see the social prescribing link worker. GPs and practice nurses can also refer you to a link worker and receptionists may automatically book you in with a social prescribing 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 social prescribing 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 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.