



## Social Prescribing Link Workers

**Did you know social prescribing link workers provide 1:1 support and can help with a wide range of social, emotional and practical needs?**

Social prescribing link workers (SPLW) use their knowledge of the voluntary sector, local community groups, organisations and activities to connect people to non-clinical interventions. This could include introducing a person to activities that take place in their local community building or area.

They support people who are over 18 years old, those who have a long-term condition or a social need that is affecting their wellbeing, as well as people who feel lonely or isolated.

Social prescribing link workers are based within GP surgeries. A referral is made to a SPLW from the GP, nurse or the wider practice team. They take a holistic approach in supporting and improving people's health and wellbeing and finding out what matters to them. An important part of their role is listening and building relationships with the person they are supporting.

To find out more about Social Prescribing Link Workers and the work they do, visit:

<https://www.youtube.com/watch?v=YiEyPfrkTEA>

<https://www.england.nhs.uk/personalisedcare/social-prescribing/>

DCA's Health and Wellbeing Coordinator meets with SPLW teams regularly to promote new and established projects and groups that are happening in their local area, which may meet the needs of their clients. This is also an opportunity to highlight regional and national VCSE opportunities and workstreams.

DCA also facilitates the County Durham Social Prescribing Link Worker Network. The network is held quarterly and gives the SPLWs an opportunity to meet with colleagues from across the county. Representatives from the VCSE in County Durham and those bringing new projects into the county are given the opportunity to promote their service and referral process.

To find out more about our health and wellbeing work visit our [website](#) or contact Susan Garrett by [email](#)

You can also find out what is happening in your region [here](#)

Listen to our podcast celebrating Social Prescribing Day on 9<sup>th</sup> March [here](#)