



## Social Prescribing Link Workers and Complex lives Care Coordinators

North Shields PCN is lucky enough to have two social prescribers and one care coordinator for people with complex lives. They are a great addition to our team and work across all 5 practices.

Social Prescribing can help you with different social, emotional, or practical needs. It can help you find the right support, improve your health and wellbeing and enable you to make positive life changes in areas such as:

- Housing, benefits, financial issues.
- Employment, training and volunteering.
- Education and learning.
- Healthy lifestyle and physical activity.
- Arts and creative activities.
- Befriending, counselling and support groups.

**Link Workers** use coaching techniques in our conversations in order to focus on solutions, achieve goals, and make positive changes. We explore what matters to you and support you to identify any issues or challenges you would like to work on. This may involve introducing you to services, groups or activities in your local community, or working towards simple, sustainable goals to make a positive change in your life.

**Care Coordinators** help you manage when you are being supported by a number of different services, acting as a single point of contact between professionals, bringing together all of the information about a person's care. They tend to work with people whose lives are quite complex and who need support working with services (Social care, hospital consultants, nurses, therapists etc). One important point to note is that someone can work with both a Link Worker and a Care Coordinator.



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