

Community Resource Lead

Referral

GP practice staff (including GPs, receptionists, nurses etc), Health visitor, mental health worker, statutory/voluntary agency, community group/project, self-referral

Meet with Social Prescribing Link Worker

- Complete Warwick-Edinburgh scale and ONS scale
- Set goals
- Engage in conversation about their interests, including needs/wants/barriers
- Identify any practical support needs
- Link worker constructs action plan of support

Supported Referral

- Up to 6 1:1 sessions with link worker
- To include life coaching, practical goal setting to enable access to community support

Practical, immediate support relating to, e.g. housing, benefits, foodbank – through links with other agencies

- Note: this is not the solution. This is just a plaster to enable the participant to better engage

Support group/Structured programme

- Purely for participants
- Peer supported
- Sessions focused around practical application of wellbeing knowledge/distraction activity
- For participants who are not yet ready to engage with community groups

Non-medical sources of support within the community

- Determined by outcomes star/client goals

Level 1: Community group (number on database will increase over time but will always have a close relationship with coordinator)

Level 2: Structured programme, e.g. Wellbeing Arts, Exercise on Referral

Level 3: Psychological/Counselling support

Welfare and Employment	Arts and Culture	Environment and Horticulture	Social Groups and Support	Physical Activity and Lifestyle
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Participants set up own group

- Not done by staff – empowering participants
- Only when there is a gap in current provision or specific interest
- Link worker will help with set up but will be led by participant

Evaluation

- Warwick-Edinburgh and ONS scale
 - 'Referral to'
- Participant questionnaires completed
 - Referrer feedback