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Personalised care roles - Helping you with your health and wellbeing



For more information about all of the roles visit:
wellnewham.org.uk/personalised-care

WE ARE NEWHAM.

Speak to your GP practice reception team to connect with:

Social Prescribing Link Workers

Support for the non-medical things affecting your health and wellbeing

- Focuses on what matters to you
- Talks to you about what is worrying you, and works with you to create a plan to help you
- Helps connect you with community groups and local services so that you can get practical and emotional support



Care Coordinators

Support with managing your care

- Helps you find health and care services
- Talks to you about your needs and helps you access services
- Supports you to become more active in your own health and care
- Helps you prepare for conversations with doctors and other specialists, and to follow them up afterwards
- Can bring together teams to support more complex health and care needs



Health and Wellbeing Coaches

Coaching to help you manage your health

- Uses health coaching skills to help you become more active in managing your health
- Helps develop your knowledge, skills and confidence
- Helps you reach your personal health and wellbeing goals



Other personalised care roles available in the community:

Community Neighbourhood Link Workers (CNLW)

Supporting you to be connected and independent

- Supports residents 18+ who are feeling lonely or isolated to reconnect with their community
- Support for up to six weeks on a one-to-one basis
- Advice on how to stay active and healthy
- Help to build confidence in seeking out and/or rediscovering hobbies and interests

For more information on how to get help from a Community Neighbourhood Link Worker, visit:
newham.gov.uk/health-adult-social-care/community-neighbourhood-link-workers

Community Connectors

Supporting your mental health

- Helps Newham residents who have been diagnosed with one or more mental health conditions
- Helps you find and access the support you need in your community
- Helps with things like finding services or activities and community inclusion
- Can help you with debt, benefits, housing, carers support and legal issues

Speak to your mental health professional about getting help from Community Connectors.

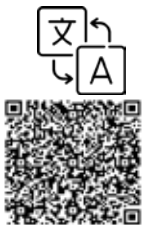


Health and Social Care Navigators

Supporting you with complicated care needs

- Helps people who have more complex health and care needs to access the right services they need to live independently
- Act as a central point of contact for patients and their relatives / carers when they need advice
- Helps you navigate different healthcare services, follow up on queries and helps you make appointments

To self-refer, you can contact a Health and Social Care Navigator via the Single Point of Access at **0208 709 5555** (Mon-Fri 8am-4pm).



For free translation

0203 376 8182

<https://forms.office.com/e/G06zwgv2JN>

CODE: 2451896

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