

Are you feeling sad because....

You're feeling lonely

Link Workers can connect you with others

You don't like where you live

They have lots of connections that can help with housing issues

You have lost someone you care about

They can help you through it by getting you specialist support

You haven't got enough money to make ends meet

They work closely with money advice services

You're struggling with a long term condition?

Link Workers can give you a social prescription to help

You're caring for someone and finding it hard

They support lots of carers and can access carer help for you

Or just don't know how to ask for help?



Having a chat with one of our link workers is the first step.

To find out more, talk to your GP surgery or scan the QR code to find how a Link Worker could help you



Available at:

McKenzie House Surgery
Wynyard Road Surgery
Victoria Road Surgery
Hartfields Medical Centre
Throston Medical Centre
Headland Medical Centre