

ABOUT LINK



WHAT IS LINK AND WHAT DO WE DO?

LINK is the name of our service which offers social prescribing for children and young people aged 5-19. If you were to become involved with Link you would be allocated a link worker who will get to know you and offer support to you. Link works with lots of children and young people to establish what is important to them as individuals, help build confidence and skills to reach their goals and link them with their local communities. We also work with communities to ensure that meaningful activities continue to run and grow within your local area.

HOW WE CAN SUPPORT YOU

We can help with a wide range of things that children and young people may face.

A few examples are; feeling lonely, relationship difficulties with friends or family, anxiety and low mood. We will listen to you and work with you and your support network to find out what your existing strengths are, and what we can work on together to help you reach your goals. We value community services such as youth clubs and local activities, and encourage young people to become involved with these.

WHAT IS SOCIAL PRESCRIBING?

Social prescribing is the term used to describe a link worker working with people to help connect them to local wellbeing-boosting services within their local communities. It is called Social Prescribing because it originated from GP practices, as a non-medical solution to the issues that children and young people face. It is a personalised service, so every child and young person who works with us will work with a link worker to find a solution that works for them.

HOW DO I GET INVOLVED WITH LINK?

If you think Link would be helpful for you, there are several ways to become involved. GP's, Schools, Colleges, Police and other organisations can make referrals for you.

