



## How the Personalised Care Teams Work

Personalised care gives you control over the way your care is planned and delivered.

The Personalised Care Team offers face to face or telephone appointments.

We will support you to set new goals, form better habits and change your lifestyle.

We can also refer you to local community groups, clubs and extra support if you need it.



## What happens next...

Talk to your GP, nurse or receptionist and ask them to refer you to a Social Prescriber or Health and Wellbeing coach.

You can also get in touch via the links below or by scanning the QR codes on a smartphone.

### Social Prescribing



<https://services.thejoyapp.com/en/listings/5628>



### Health and Wellbeing Coaching



[syicb-barnsley.pcnhealthandwellbeingcoaches@nhs.net](mailto:syicb-barnsley.pcnhealthandwellbeingcoaches@nhs.net)



We will call you and arrange an appointment to talk about what matters to you and how we can help.

Be prepared to work towards your goals and make changes to support your wellbeing.

# Social Prescribing & Health and Wellbeing Coaching

## How can we help you?



**IMPACT**

Integrated Multidiscipline  
Personalised Care Team

## Social Prescribing

Social prescribing helps you to connect with services and activities that can improve your health and wellbeing.

You will be given a link worker who can help you explore 'what matters to you'. You and your link worker will create a plan to take control of your health and wellbeing.

Social prescribing works well for people who:

- have a long term health condition
- need support with low level mental health conditions
- are lonely and isolated
- have complex social needs which affect their wellbeing



*“Mr J is a carer for his wife, who has dementia. We helped him get a blue badge and supported him in getting his his wife to access day care services, giving him more time for himself.”*

## Social prescribing and other services

Your link worker can help you access lots of other services and support.

This can include practical advice on things like:

- benefits
- budgeting
- debt
- work, education and training

You can also get help with difficult experiences, like bereavement and domestic abuse.

There's help available with:

- family support
- mental wellbeing
- physical health
- volunteering

They can help you access groups for:

- befriending
- hobbies
- social activities
- volunteering

## Health Coaching

Health and wellbeing coaching gives you support to change your lifestyle.

It can help you to achieve your long-term goals by breaking them down into a series of smaller steps, leading you to become the healthiest, happiest version of yourself.

Health and wellbeing coaching works well for people experiencing a range of long term conditions, including:

- Respiratory
- Cardiovascular
- Type 2 Diabetes
- Hypertension
- Stress/low mood.

We can also help you manage your diet, reduce your weight and increase your activity levels.



*“I have seen a positive change in myself. I can handle situations a lot more confidently...and my diet is a lot more varied now.”*

*Mrs P after 5 sessions of coaching*