

## We will...

- Spend time **one on one** with you.
- Explore resources and groups that **interest you.**
- Explore techniques to enable you to **make positive changes to things that matter to you.**
- **LISTEN.**



## CONTACT US

**Book an appointment or make an enquiry contact the Health centre reception Telephone :-**

**Brae 01806 522543**

**Whalsay 01806 566219**

**or email**

**shet.communitylinkworker  
@nhs.scot**

**This service is running in  
Brae and Whalsay Health  
Centres**

**For anyone over the age of 18**

## Who are we?

- We are **friendly, understanding people**, here to listen and support with whatever non-medical challenges you have.
- Support you to **access local activities and services.**
- Support you to **take back control** of what matters the most to you.



# Community Link service

What do community link workers do?

Community link workers work in GP practices to support people in a person centred way with anything that is non-medical.

This could include loneliness, stress, money worries, life changing events and anything that is affecting health and wellbeing.

Community link workers have time to explore what matters to people and link them with support in their local communities.



What are the benefits?

Increased confidence and self esteem

Support with onward referrals to other services.

Get involved in your community.

Meet new people  
Improves mental and physical health