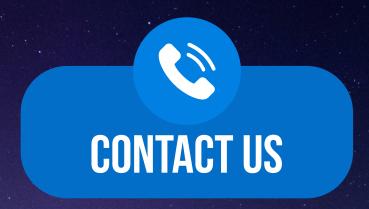
## We will...

- 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.



Book an appointment or make an enquiry contact the Health centre reception

Telephone:-

Brae 01806 522543
Whalsay 01806 566219
Levenwick 01950 461222
or email
het.communitylinkworke

shet.communitylinkworker @nhs.scot

This is service is running in Brae, Whalsay and Levenwick Health Centres
For anyone over the age of 18

## Who are we?

- We are friendly, understanding people, here to listen and support with whatever nonmedical 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