

# Are you struggling?

I have the time to listen



My name is Helen Blackburn, I am the Social Prescribing Link Worker for your surgery and am here to listen and help with **'what matters to you'**, whatever that may be.

I can provide emotional support whilst exploring practical resources to match your individual needs. **Linking you up with the right support at the right time.**

From money and housing advice to walks and talks, from bereavement and carers support to choirs and cafes, **I am here to help you find your way.**

**Please think about these questions prior to our first appointment:**

- What would you like to talk about?
- How can I help you get there?
- Could things be different?



## How to get in touch:

Ask your GP, nurse or health practitioner to refer you.

Alternatively you can self refer by asking a member of the reception team to send me a message.

