

# Help for everyone

## East Primary Care Network Practices:

Crowhall, Longrigg, Pelaw Medical Centre,  
St Albans Medical Group

Moira Underwood 07494498881

Email:

nencicb-ng.communitylinkworker@nhs.net

## Central South Primary Care Network Practices:

Beacon View, Bensham, Bewick Road,  
Bridges, Millenium, Central South, Fell  
Cottage, Fell Tower, Metro Interchange,  
Wrekenton

Eve Penman 07487433348

Email: nencicb-ng.fellcottagepcn@nhs.net

## Inner West Primary Care Network Practices:

Chainbridge, Glenpark, Sunnyside, Teams,  
Whickham

Sandra Heron 07394 947038

Email:

nencicb-ng.gatesheadinnerwestpcnsplws@nhs.net

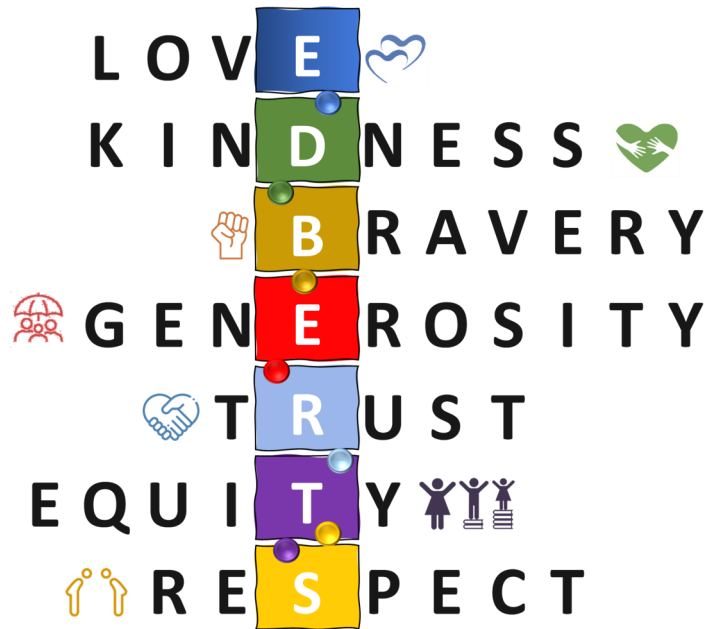
## Outer West Primary Care Network Practices:

Blaydon, Crawcrook, Rowlands Gill,  
Chopwell, Grange Road, Oldwell, Hollyhurst  
Carrie Horton 07944 549205

Email: nencicb-ng.outerwest-splw@nhs.net

**Our Vision**  
Building happier, healthier,  
friendlier Communities

## Our Values



# Edberts House



# Community Linking Project



# Edberts House



[www.edbertshouse.org](http://www.edbertshouse.org)

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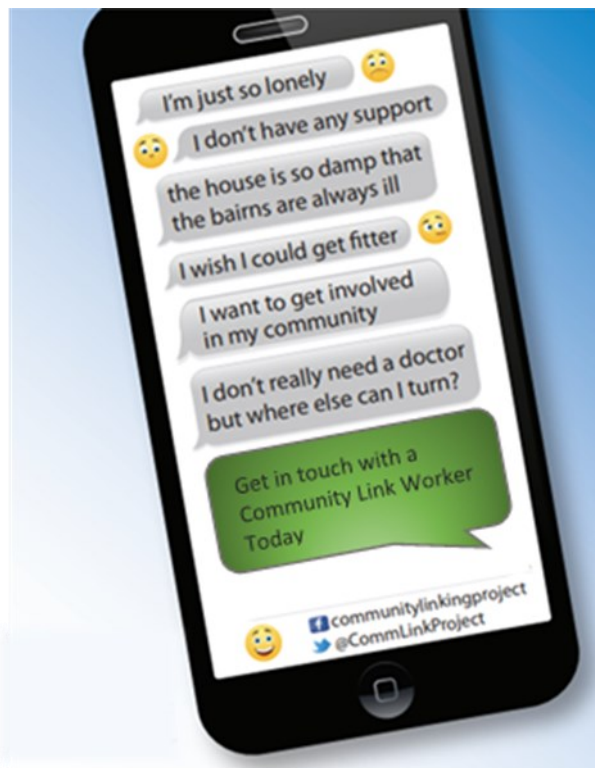
# Community Linking is sometimes called social prescribing

When we think about a prescription, we usually think about a piece of paper we take to the pharmacy to get medicine or tablets.

But there is not a 'pill for every ill'. Sometimes social issues like money, housing, relationships or loneliness make us feel stressed, anxious, or physically ill. We need to get these issues sorted out if we want to start feeling better.

This is what the Community Linking Project is all about. It means that GP's can focus on the medical problems that patients have, and the Community Link Workers can help with the wider issues, by linking patients up to services and activities in the community that can help them.

This way, patients get really effective help, and start feeling better more quickly.



*'The team at Edberts have helped me to get out and meet people. My mental health has greatly improved... and I have felt a real boost in my confidence. Building friendships and connections has got me talking with different people and has helped to give me purpose and direction in my life, something which was hard to find after my wife passed away. There's no other way of putting it: it has helped to keep me alive.'*

## Can you support me?

Our Community Link Workers help anyone, of any age.

### What kind of support can you offer me?

- We can support you with a very wide range of issues. Examples are debt, housing problems, claiming benefits, loneliness, unemployment, bereavement: you can talk to us about anything that matters to you.
- We can support you with one issue, or with lots of issues: whatever you need
- We can support you for as long as you need us

### How do I get in touch?

- You can call or message – find the mobile number of your Link Work team on the 'Help for Everyone' page
- You can ask your GP, nurse or doctors receptionist to refer you

### When can I get an appointment?

- Our team mainly work Monday to Friday 9-5, but are happy to arrange to see you at other times if this is better for you
- You can expect us to get in touch with you within 2 weeks

### Where can I meet you?

- We can meet you at the GP surgery, or at your home, or in a local café or community centre. Wherever you feel most comfortable.