

Action Together delivers Tameside's Social Prescribing offer, working with people to help them create connections in their community, to help them improve their health and wellbeing. Our team of PCN Link Workers and Social Prescribing Officers, enable their clients to meet new people and try new activities in their local community, focusing on *'what matters to me'*.

Our team work together with their clients, on a 1-2-1 basis, co-producing wellbeing plans and creating goals to help that person get to where they want to be. We are not support workers, our clients take the lead and we help our clients get started, moving at a pace that best suits our clients.

Our service is non-urgent and non-clinical and we are not support workers.



What Social Prescribing includes

- Working with people who live in Tameside or who are registered with a Tameside GP
- Connecting people to non-medical support including groups, activities and services in the local community for our clients to attend independently
- Working with people aged 18+, who are ready to engage with us and the opportunities we can connect them to, to improve their quality of life
- A strengths based approach, focusing on the strengths of our clients to promote self-care, to empower the people we work with to take charge of their health and wellbeing
- Engaging with our clients over the telephone, in community settings or on home-visits
- Collaborative working with other services that may also be working with our clients including CMHT and CGL, to connect our clients to activities whilst they receive support from these services for the complexities and challenges they are experiencing



What Social Prescribing doesn't include

- Long-term work with clients - as we work with clients that are motivated to make change to their lives, our work with clients is usually completed in 12-weeks
- Work completed by a team trained in mental health. We work with clients who may be working with Mental Health services alongside Social Prescribing, but Social Prescribing does not replace the work complete by Mental Health services
- Involvement in the process of getting a care package or needs assessment in place for someone
- Social Prescribing does not include; support work, grocery shopping, DIY, house removals, cleaning for clients, transport to groups, activities and services, or sitting-in provisions
- Taking clients to activities on a regular basis – we do introduce clients to the activities and venues as a starting point but don't attend beyond this or on a regular basis with clients
- Time critical support - as we operate a non-urgent service with a waiting list, we are not equipped to support people in crisis with food parcels, housing issues or financial difficulties