



**ALTRINCHAM  
HEALTHCARE ALLIANCE**  
PRIMARY CARE NETWORK

**NHS**

in Greater Manchester

# Supporting people to live well in the local community

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Loneliness, anxiety, mental health issues?

Problems with finances, work or  
relationships?

Substance misuse, inactivity or poor diet?

Struggling with long term conditions?

**We can help.**



**Our team of link workers knows the community well. We work with other health and public services, as well as the voluntary sector, to find the correct support for people at a time when they are ready to make a change.**

We can spend more time talking with people to find out what could make them happier and healthier.

We will complement any medical or other support they are receiving and plan how to take simple steps together, connecting people to:

- the right advice and guidance
- other people and services
- local groups, organisations and activities such as cooking, art, gardening, sport or social activities.

This one to one conversation is confidential and we work within each area's quality assurance processes, ensuring you are kept up to date on progress.



**Dr Jaweeda Idoos**

“Our patients have challenges that we can't treat in isolation.”



**Dianne Gardner,  
Rochdale Borough  
Council**

“Link workers have the time to really understand what will make a change to someone's overall health and wellbeing.”



**Andy Burnham, Mayor  
of Greater Manchester**

“We want social prescribing to be routinely offered through any public service and to become an integral part of how we do things here in Greater Manchester.”

### **Connecting people**

into social groups and activities for issues affecting their health and wellbeing, often called social prescribing, has been shown to **reduce pressure** on our health and care system - **reducing the workload** of health and care professionals.



### **University of Westminster**

research suggests a **28% reduction** in GP appointments needed and **24% fewer**

A&E attendances for people supported through social prescribing.

Our lifestyles, the communities around us and our personal situation are said to affect **90%** of our health and wellbeing.



**Akeela**

*“I lost my job as a healthcare assistant because of back pain and was also trying to look after relatives. I was so stressed and depressed. My link worker helped me get a volunteer role at a charity. I’m very happy now. I’ve got my confidence back and feel like I’m part of the community.”*



**Patrick**

*“I really struggled when I retired. With the support of my link worker, I’m now keeping busy and feeling positive about the future.”*



**Brenda**

*“I have long-term health problems and when my husband died, I felt so isolated and lonely. With my link worker’s support, I started going to activities run by local community groups. I feel happier and healthier now.”*





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**We can work with people to address the issues that may be affecting their health and wellbeing.**

**Our Social Prescribing Team is working to help patients across our five GP Practices - Altrincham Medical Practice, Park Medical Practice, Shay Lane Medical Centre (Drs Kelman, Cranston, Naylor, Haslam, Connell and Pathak ), St Johns Medical Centre and West Timperley Medical Centre.**

**Contact your practice to book an appointment**

