



# Personalised Wellbeing Plan

## What if I need further support?

### What support is available to me?

To find out what help you can get if you're affected by coronavirus. You can visit <https://www.gov.uk/find-coronavirus-support>

You can find information about:

- feeling unsafe
- going in to work
- paying bills or being unemployed
- getting food
- having somewhere to live
- mental health and wellbeing

NHS Volunteer Responders are able to support people who have been asked to self-isolate/ 'shield', are over 70 and have underlying health conditions, or are self-isolating and a health and care professional considers them to be especially vulnerable. You can be referred for support from the NHS Volunteer Responders by your local authority, through your GP surgery or by a charity who you may have an existing relationship with.

NHS Volunteer Responders can help with tasks including driving people to and from hospital, delivering food and medication, and telephone befriending. Volunteer Responders will also support the NHS to transport equipment and supplies.

You can find out who your local authority is at <https://www.gov.uk/find-local-council>

If you are not already registered with a GP practice, you can find a local practice at <https://www.nhs.uk/service-search/other-services/GP/LocationSearch/2>

For more information on the NHS Volunteer Responders, go to: [www.nhsvolunteerresponders.org.uk](http://www.nhsvolunteerresponders.org.uk)

Most GP surgeries have a social prescribing service. This service will have a 'link worker'. Link workers give people time, focusing on 'what matters to me' and taking a holistic approach to people's health and wellbeing. They connect people to community groups and statutory services for practical and emotional support. Your local social prescribing link worker will be able to connect you with local services to support you to stay well and safe in your home.

To contact your link worker, contact your GP surgery. If you are not already registered with a GP practice, you can find a local practice at <https://www.nhs.uk/service-search/other-services/GP/LocationSearch/2>