



Healthy Minds Social Prescribing Service:

The Social Prescribing Service works in partnership with community providers in Camden to deliver easily and accessible one-to-one support to Camden residents with mental health issues, who are referred by GPs in order to identify and access community facilities/activities to aid their recovery.

Using the Motivational Interviewing approach we engage people over 8 sessions (including 2 initial assessments) to identify their needs, goals and community resources to assist with meeting and achieving these. This approach enables people to set their goals and own their process on what is meaningful to them. This new service will have MIND in Camden embedded within the Assessment Team offering a direct route to Social Prescribing in the community. The aim is to work with people who have social needs which are best supported through linking with community resources rather than statutory services.

Volunteer Link Worker Role:

- Explore the client's situation and help identify needs.
- Focus on achievable goals
- Offer guidance and information on available community resources
- Facilitate referrals to appropriate community or voluntary sector organisations/services.
- The sessions are based on engagement and collaboration with the client, therefore there needs to be flexibility and openness to individual differences.

As a Volunteer you will gain:

- Experience of working within an NHS team
- Experience of understanding referral pathways
- Connections with different Trust teams
- Access to training and support to help your development

Commitment required:

7 hours per week for a minimum of six months (we will ask for your availability at the training, however hours are flexible within the hours of 10-5 Monday–Friday)