

ADDITIONAL PRIMARY CARE SERVICES

NON-CLINICAL SUPPORT AVAILABLE IN PRIMARY CARE

Services available to all persons registered with a GP in Colchester and Tendring

SERVICES

This booklet includes an overview of services available from non-clinical service providers through your registered practice in North East Essex.

Details of how to make a referral to these services can be found below alongside a short summary of the service.

GP Care Advisers

All age service providing 1:1 holistic support with the aim of empowering people to stay well at home.

Provides virtual/home visits to provide support for personal finances (benefits advice and assessment), mobility, including blue badges, equipment and telecare, carers support, dementia memory tests, and CHC and power of attorney.

Works in partnership with Social Prescribing Link Workers.

Contact your registered practice to request a referral to the GP Care Adviser service.



Social Prescribing Link Workers

Voluntary sector service for over 18 year old's with a focus on helping people live better connected and healthier lives. Can also connect to families and children's services in the voluntary sector.

Provides virtual/face to face interventions linking people with activities in the community to meet identified needs i.e. weight management, connection to long term condition specific groups i.e. diabetes groups, befriending, physical activity in the community, volunteering, low level mental health support, mobility and transport.

Works in partnership with GP Care Advisers.

To self refer to your Link Worker contact;

Colchester residents - Call 01206 505250 or email mshp@community360.org.uk

Tendring residents - Call 01255 425692 or email socialprescribing@cvstendring.org.uk



Cancer Care Navigators

The cancer care navigators are here to help people living with cancer get the right help and support for all their non-medical needs. Operating from Colchester Hospital, the team of navigators also work alongside local GP surgeries to support people their family and carers with the practical, financial and emotional concerns that cancer can bring.

The team can offer practical support and advice, discuss any questions and concerns and suggest services and make referrals as required.

Call the navigator helpline on 01206 487288 or email cancercarenavigators@esneft.nhs.uk to access this service.



Essex Wellbeing Service (EWS)

We support people in the community and at work with a range of health, wellbeing and day to day needs. We help people access information and support to stay healthy, safe and well from help to quit smoking, to supporting families to adapt to 'new normal'

This also includes;

United and Kind Coaches who work to reduce social isolation and loneliness across Essex. Colchester and Tendring each have a dedicated United and Kind coach.

Coaches can be contacted to provide support with starting activities in your area, volunteering as a community champion and supporting people to connect to activities in their local community.

Community Agents who support older people and informal carers to find and develop independent living solutions from within the community.

Undertake virtual/home visits providing support to promote independence by supporting mobility issues, reduce social isolation, find practical solutions for daily living to increase personal resilience in areas including healthy living, practical living skills, and caring for someone.

To access;

Phone: 0300 303 9988

Online: <https://www.essexwellbeingsservice.co.uk/contact>

