



Wellbeing Service

WHAT IS THE VCS HUB?

A **Single Point of Referral** into voluntary support services for non-medical needs. Directories of voluntary services can quickly go out of date - we can provide **up to date** information and links with services to ease access. Having a single access point will save time and broaden knowledge of local voluntary services.

HOW DOES IT WORK?

You can call or email the VCS Hub to refer, or patients can be signposted to **self-refer**. Following an outline of the issues affecting health or wellbeing, an appointment is made with the individual to discuss services available. With use of our Health Questionnaire we aim to track impact of support gained.

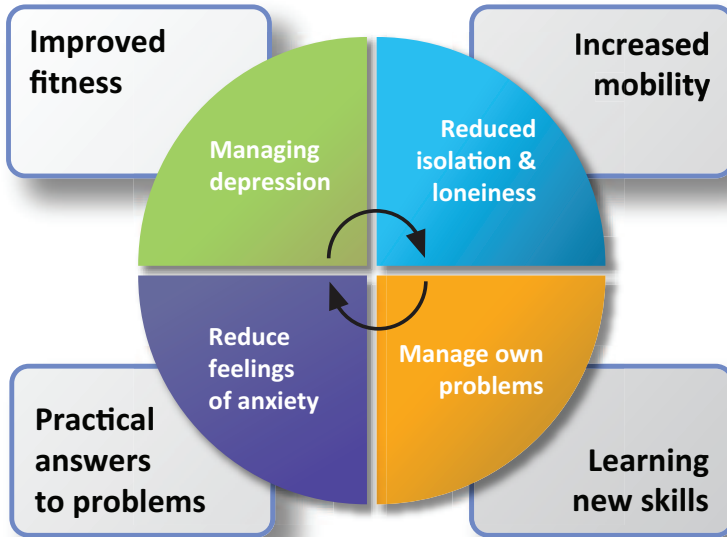
HOW CAN THE VCS HUB HELP?

With many patients presenting with 'social' rather than medical needs we can help to ease pressure on statutory services. We can encourage and help individuals to **engage** with voluntary sector support leading to increased levels of personal resilience and better self management of issues or conditions.

EXAMPLES OF SUPPORT WE CAN HELP TO ACCESS;

- Bereavement, depression and/or anxiety support;
- Befriending and support networks to tackle isolation;
- Exercise classes - walking groups/chair based;
- Self-help support groups, e.g. MS/Parkinsons/Stroke;
- Alcohol & substance misuse support;
- Support for people with physical or learning disabilities;
- Support with mental health difficulties;
- Housing advice and support, help with tenancies;
- Debt management, money management and financial and benefits advice;
- Practical housing services – including heating, rent & repairs, shopping, cleaning.

Benefits of Using the VCS HUB



Routes to Referral?

- Ring the number below to give information to the VCS Hub.
- Encourage the individual to self-refer direct to the VCS Hub.
- Email the address below to request a password protected referral form to complete and return.

All referrals are treated with the strictest confidence with Data Protection and Right to Access in place and communicated to individuals referred.

For further information please contact Margaret Hurley, VCS Hub Development Officer:

Monday - Friday 9am - 5pm
email: vcshub@vast.org.uk
Tel: 07504 245215