

SECONDARY PREVENTION:

“Action which focuses on early detection of a problem to support early intervention and treatment or reduce the level of harm.”

Community Link Workers in Stirling & Clackmannanshire offers support to people who attend their GP and sometimes require support with social or other issues.

COMMUNITY LINK WORKERS, CLACKMANNANSHIRE & STIRLING

The main aim of the Community Link Worker Project is to provide a person-centred and human-rights based approach. It utilises social prescribing, an important self-management tool, enabling people to continue to live in their community, independently, safely and well. It widens choice and control through signposting to third sector organisations and statutory agencies. The CLWs promote the understanding of and access to self-directed support.

From data captured by the project, there has been a significant increase in the Wellbeing “score” of the individuals supported by Community Link Workers. There was also a significant reduction in visits to GPs and other primary care staff for people who engaged with the CLW

service - an average of a 19% reduction in appointments over a 6-month period.

This case study shares the story of 58-year-old Kelly (not her real name) who was referred to her CLW from the GP who thought she needed some extra support. Kelly has faced adverse childhood experiences, which have impacted her throughout her life.

“I went to the GP feeling awful. I was very low and feeling suicidal... She suggested I speak to the CLW, when I refused, she made a deal that if I go and try, she would give me a review. I've never been back.

These case studies were developed as part of a joint statement on prevention from Edinburgh Community Health Forum, Health and Social Care Alliance Scotland (the ALLIANCE), Scottish Community Development, and Voluntary Health Scotland.

They show what preventative approaches by the third and community sector look like in action.

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“I went to a managing anxiety course that the CLWs arranged with Kate from Sunny Connections. It was fantastic, and I've learnt so much from it. It was great to be in a room of people who know how you felt, and you could be open and didn't need to pretend.

“I feel alive now. I'm trying new things. I can break down stressful situations now and work them out instead of going into meltdown. I used to smother my children because of the mothering I didn't get, now I can switch off and stand back. I am grateful every day for all the small things in life, for accessing this service and for the GP who knew what was best for me, when I couldn't see it.”

[Find out more here.](#)

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