

# About us:

Our Community Link Practitioners give you the time and support you need to talk about the issues you are experiencing.

Together you will agree a plan to access the local services and the information which will help you.

This might include contacting community groups, local charities and initiatives as well as other professional services.

## Our Community Link Practitioners:



Erika Copland



Linsey Drever



Donna Cuthbertson



## Participating GP Practices

Our Community Link Practitioners work within these GP practices as part of the practice team.

Daisy Villa 01856 831206

Dounby 01856 771209

Heilendi 01856 888270

Papa Westray 01857 644227

Skerryvore 01856 888240

Stromness 01865 850205

Westray 01857 677209

The Community Link Practitioner Service is delivered by Voluntary Action Orkney (VAO) with support from NHS Orkney.



Scottish Charity No. SCO10691  
Company No. 143208



## Community Link Practitioner Service

Help to find and access services to improve your health and wellbeing

# What we do:

Community Link Practitioners provide flexible support, tailored to your own individual circumstances to improve your health and wellbeing.

They help you find ways to:



be more active



support your mental health



be healthier



be more socially connected



live well and more independently



deal with your finances

# How to access the service:

You can access the service by talking to your GP or anybody within the practice. They will refer you to the service.

The Community Link Practitioner will then arrange to meet you in person where you feel comfortable. This could be:



by phone



by text



by an online call



at home



at another suitable place

# FAQ's:

## How long can I expect to wait?

You will be contacted as soon as possible following your referral.

## How long can I receive support for?

There are no set time limits. The Community Link Practitioner can work with you for as long as it takes. How long you need support for is discussed and agreed with you.

## Is there a charge for the service?

No, the Community Link Practitioner Service is free.

## Do the Community Link Practitioner's offer counselling?

No, but they can give you details for professional services to help you.

## Are the Community Link Practitioner's medically trained?

No, but they can give you details for professional services to help you.