

# ABOUT US

First Contact Clinical is a community interest company based in South Shields. We have been working since 2003 to support people in our local community to improve their health and wellbeing.

Our aim is to make a difference to the lives of the people we work with, through promoting the knowledge, skills and confidence needed to practice self-care.

I feel more productive since we started working together

I feel very productive. This call has motivated me for the coming days and weeks.

These appointments have been beneficial. They have given me clarity about what to do.

Anyone aged 16 or over living in South Tyneside can access our services free-of-charge.

To access us:

- Refer yourself online at [www.firstcontactclinical.co.uk](http://www.firstcontactclinical.co.uk)
- Contact us directly on 0191 432 9838 (option 1), or
- Speak to staff at your GP practice (or show them this leaflet)



@FirstContactClinical



**FIRST CONTACT CLINICAL**  
ENABLING HEALTHY BEHAVIOUR CHANGE

## Introduction Leaflet for Social Prescribing



## We can support you to...

1

Identify what is affecting your well-being and how you would like things to be different.

2

Build knowledge, motivation and confidence to make changes.

3

Set and achieve personal goals to improve your well-being.

4

Connect with people, activities, groups and opportunities in your area.

5

Develop strategies for managing your mental and/or physical health conditions.

6

Support navigating/coordinating your care, if multiple services are involved

Anything you discuss will be kept confidential however if you disclose information which highlights that you or someone else is at risk, we may need to share this with relevant organisations.

# WHAT TO EXPECT FROM YOUR FIRST APPOINTMENT

Our appointments are longer than typical GP appointments. **This gives you time to talk about what matters to you.** You can have as many appointments as you need with us.

Here are some of the things that people often like to talk about with us:

- Feeling down, stressed or anxious
- Managing my health conditions and symptoms
- Keeping active
- Benefits, money and housing problems
- Living with chronic pain
- Making healthier choices
- Reducing smoking or alcohol
- Loneliness
- Caring for someone



Some people find it helpful to write down things they'd like to discuss at their first appointment.

## WHAT MATTERS TO ME

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_