



## Community Health Matters

### Information for Referral Agencies

**Community Health Matters is a Healthy Valleys project which aims to support people (age 16 - 50) who may be feeling lonely and isolated as a result of being a carer, having mental health difficulties or a long term condition, to take positive action to manage their own health, become healthier and more involved within their community.**

Community Health Matters brings together two successful projects “Time Out” a Mental Health project for young people and “Out and About” a Mental Health project for adults. It also incorporates the previous Social Prescribing pilot project with the Douglasdale Medical Practice.

#### What's On Offer?

- 1:1 support to access community activities and services from Community Health Navigators and Volunteers
- Stress Management, Cognitive Behaviour Therapy, Wellness Recovery Action Planning to support positive health and wellbeing.

In addition, we aim to support the Douglas and Coalburn communities to develop new groups and activities to support health and wellbeing and so create volunteering opportunities for residents to develop their skills and confidence further.

#### Referrals

People can self refer by contacting us directly and completing a Referral Form (also available on our website [www.healthyvalleys.org.uk](http://www.healthyvalleys.org.uk)).

Agencies can complete referral forms on behalf of clients.

Referrals will be accepted from anywhere in the Clydesdale area.

#### Contacts

Please call Wendy Kyle, Development Worker on 01555 662496 or email [wendy@healthyvalleys.org.uk](mailto:wendy@healthyvalleys.org.uk) to discuss any referrals or if you have any questions about the project.

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