

## 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 active.



# Community Health Matters

Community Health Matters brings together the “Time Out” Young Persons Mental Health project and “Out and About” project. It also continues the pilot Social Prescribing project with the Douglasdale Medical Practice.

Referrals can come from any area of rural Clydesdale, but a particular focus is on supporting residents of Coalburn and Douglas and their surrounding villages.

### What's On Offer?

- 1:1 support to access community activities and services from Community Health Navigators and Volunteers
- Community Hubs in Douglas St Brides Centre and Coalburn One Stop Shop, providing a regular access point to the project and signposting to local services and activities
- 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 direct and completing a Referral Form (also available on our website [www.healthyvalleys.org.uk](http://www.healthyvalleys.org.uk)) or by dropping in to either the weekly Coalburn or Douglas Hubs (details on our website and Facebook page: Healthy Valleys). Agencies can complete referral forms on behalf of clients.

### Contacts

Please call us to discuss any referrals or if you have any questions about the project:

Wendy Kyle, Development Worker, [wendy@healthyvalleys.org.uk](mailto:wendy@healthyvalleys.org.uk) 07859 062831

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*Funded by Integrated Care Partnership, Scottish Government People & Communities Fund and South Lanarkshire Council Tackling Poverty programme.*