

Do you have questions or concerns?

For a patient or client, yourself, a relative or friend?

- Wellness checks – a structured friendly conversation to identify that basic health, food or medication needs are being met. An opportunity to reassure and provide guidance around linking with others, keeping mentally and physically well and allaying anxieties.
- Problem solving
- Reassurance calls
- Information giving
- Signposting

What support do you have?

Is there anything you need from us, your GP or your local community?

How are you managing to occupy your time?

Are you worried about anyone else?



Help & Care are a partner providing services within the Dorset Integrated Care System.

We are scaling up our service delivery to support you with your Covid-19 response requirements

Help & Care staff are experienced advisers with excellent local Dorset wide knowledge and are fully DBS checked.

If you are a PCN or surgery, speak to us about how we can adapt our services to meet your needs and make referrals through NHS channels. Let us take the strain so you can focus on your clinical priorities.

Our services are all consistent with current NHS Covid-19 guidance around Social Prescribing services.

Telephone:

**0303 303 0153**

Leave a message, we will call you back!

[contact@helpandcare.org.uk](mailto:contact@helpandcare.org.uk)  
[www.helpandcare.org.uk](http://www.helpandcare.org.uk)