

Guild Care Prevention Link Workers

The Link Worker works with older people in the community to offer practical support, confidence building, information and encouragement to help improve general wellbeing and offer better access benefits.

They can make home visits and also deliver services in community settings with one-to-one short term packages to help improve the quality of your life.

This might include:

- ✓ Home adaption and equipment
- ✓ Help to access appropriate benefits
- ✓ Social clubs and activities
- ✓ Making friends
- ✓ Taking more exercise
- ✓ Keep warm and secure
- ✓ Transport

Guild Care Home from Hospital

Guild Care can offer up to 6 weeks practical support after discharge from hospital for Worthing and Adur residents*.

The service supports older people and vulnerable adults; people living alone, anyone about to leave hospital or who has recently been discharged.

*(*This service is also available throughout West Sussex via AGE UK)*

Guild Care will ensure you are safe, have what you need and that relevant services are in place should you need them. We will ensure you are not isolated following your return home from hospital and, for up to 6 weeks, we will visit to help you regain your confidence and independence

Please contact GuildCare on

01903 528600

Or call the Surgery on

01903 222900 and ask for Imogen Buck or Debbie Collier.



Social Activities and Support

In partnership with

GuildCare The GuildCare logo features the word 'GuildCare' in a bold, sans-serif font. The 'G' and 'C' are blue, while 'ild' and 'are' are pink. To the right of the text are two small icons: a blue heart and a pink house with a chimney.

St Lawrence Surgery

St Lawrence Surgery, the Patient Participation Group and Guild Care are working in partnership to provide a unique opportunity for social activity and support service to our patients.

The activities will be held in the **Education Room** (at the rear of the surgery), every **Friday morning**, at **10.00am – 11.00am**

Guild Care will be hosting a variety of opportunities to socialize. Activities will be dependent on the group's requests.

The Patient Participation Group will help to fund this, but would ask for a minimum donation of £1 to attend.

Tea, Coffee and Biscuits will be provided.



Transport

Guild Care can provide transport with their volunteer driven mini bus. There will be a small fee if you require transportation and some limitations apply around mobility aids.

To organise transport please call Guild Care Outreach on **01903 528627**

Guild Care Out and About

Guild Care's 'Time Out and About' outings offer carers and the person they care for the opportunity to spend quality time together and enjoy the company of others in a similar situation.

These outings include ~

- **Pub lunches**
- **Afternoon teas**
- **Evening meals**
- **Drives around the beautiful Sussex countryside**
- **Places of interest**
- **Garden centres**
- **Shopping**

Patient Participation Group

St Lawrence Patient Participation Group are already helping other patients with a **Walking Group, held on a Tuesday morning, 10.00 am**, for a long or short stroll starting from the Education Room. Don't worry – you don't have to stroll, you can join them afterwards for a beverage and a chat.



The Friends also host a **Singing Group on a Thursday evening, 7.00-8.00pm**, in the Education Room. Come along if you enjoy singing – again don't worry, this isn't X-Factor you won't be judged!