

## Primary Care Community Link Service

Title First Name

.....

Surname

.....

Date of Birth Male Female

.....

Telephone

.....

Email

.....

Address

.....

Name of GP and surgery

.....

Reason for referral

.....

.....

## To contact the service

Call free on

**0800 567 7699**

or email

**info@livewellkent.org.uk**

The Primary Care Community Link Service is part of Live Well Kent and is delivered by Porchlight on behalf of Kent County Council and the NHS.

Porchlight is a charity that helps people with housing, education and employment and their mental health and wellbeing.

**Live well**   
Community wellbeing

On behalf of



By submitting this referral form to Porchlight, you agree to our processing your personal information in order to assess your support needs.

Please return this form to:

**Porchlight Head Office**  
**18-19 Watling Street, Canterbury, Kent,**  
**CT1 2UA**

or speak to someone on  
**0800 567 7699**

**www.porchlight.org.uk**

**01227 760078**

**headoffice@porchlight.org.uk**

Registered charity number 267116.

## Primary Care Community Link Service

Helping people connect with  
support in their local community



**Porchlight**

Changing attitudes • Changing lives



# How will you help me?

Are the pressures of life affecting your mental health or your ability to live as independently as you would like?

The Primary Care Community Link Service can help by offering you advice and pointing you towards specialist services in your local area.

We provide one to one advice and guidance that is completely free for anyone aged 17 and over.

Whatever you're facing, we're here to help. We won't make judgements and what we discuss will remain confidential.

**Not sure if this service is for you?  
Call our team on 0800 567 7699 and  
we will be able to help.**



# We can help with



## YOUR MENTAL & PHYSICAL HEALTH

(diet, exercise, wellbeing, sexual health, medication)



## FINDING THINGS TO DO

(meaningful use of time, feeling part of the community)



## MONEY

(managing your money including debt and benefits)



## YOUR OWN SPACE

(safety at home, overcrowding, homelessness)



## EDUCATION, TRAINING & VOLUNTEERING

(gaining new skills and qualifications, work placements)



## YOU AND DRUGS

(smoking, drinking, drug use)



## CONFIDENCE

(building your confidence to achieve personal goals)



## YOUR RELATIONSHIPS

(improving relationships with family and friends)

Your Primary Care Community Link worker will meet you at your local GP surgery or somewhere within the community to talk about the difficulties you are facing. We'll work with you to set some goals and actions to help you move forward. You choose what we help you with and what activities you would like to access locally.