

# Essential Skills and Knowledge for Social Prescribing Link Workers

This training is specially designed for recently employed link and early career link workers to gain an understanding of a broad range of topics that relate to social prescribing. There is considerable opportunity for reflection, discussion, sharing of knowledge and experiences.

It is delivered by our lead social prescribing trainer, with over eight years experience as a link worker, team manager and trainer, together with other experienced link worker/trainers.

This training is composed of 3 x 2h30 live sessions + 3 pre-recorded tutorials which are released for viewing a week ahead of each live session.

## Learning outcomes

### 1. Supporting vulnerable people

- Establishing rapport and the relationship with clients, including boundaries
- Understand how to support vulnerable people in the current context, including remotely
- Assessing needs and risk and applying strengths based approaches

### 2. Motivational interviewing, coaching and behaviour change

- Behaviour change through coaching conversations and motivational interviewing approaches for both face to face and telephone sessions

### 3. Link worker resilience, peer support

- Techniques for link worker resilience and professional support and development, including Reflective Practice and Peer Supervision and Co-Consulting

## Training dates

(online)

**Tuesday 15<sup>th</sup> November, 10:00-12:30**

**Tuesday 29<sup>th</sup> November, 10:00-12:30**

**Tuesday 13<sup>th</sup> December, 10:00-12:30**

**Price:** £207.29 per person

**Early bird rate (until 31<sup>st</sup> October):** £154.29 per person

There are discounts available for groups of more than 3 learners.

This training can also suit whole teams, such as social prescribing teams and primary care teams including, receptionists, care navigators, care coordinators, health and wellbeing coaches, community navigators and other similar roles.

## Booking

To book this course please book here:

<https://www.eventbrite.co.uk/e/421971296507>

To discuss how we might support your team or if you have any questions please email

[socialprescribingtraining@bbbc.org.uk](mailto:socialprescribingtraining@bbbc.org.uk)



Charity number: 1041653