



Hartlepool and Stockton Health

Personalised Care Service



The H&SH Personalised Care Team consists of specialist, non-clinical roles that can help you access the support and advice you need to improve your health and lead a happier life.

Our team work in a personalised way, which means that they will listen to you and plan your care with and around you.

Together you will design a plan to move forward, supporting you to take steps to make informed choices to benefit your health and wellbeing.

Care Coordinators



Care Coordinators can support you to make sense of the sometimes complex and confusing health and social care sector. They can work with hospital and community colleagues, as well as the council and social care teams, to support you to stay at home and live as independently as possible.

They tend to support people with one or more long-term conditions and people living with, or at risk of, frailty, to help them understand and navigate the care sector, in order to achieve their care goals and ensure that they are being supported in the way that is most helpful to them.

Health and Wellbeing Coaches



Health and Wellbeing Coaches can support you to build the confidence to improve your lifestyle. They will help you set goals for yourself and make positive, healthy choices. They work with people with physical and/or mental health conditions and those at risk of developing them.

Health and Wellbeing Coaches can be the right support for people experiencing a range of long-term conditions, such as respiratory, cardiovascular (including type 2 diabetes and hypertension), stress or low mood. They can also help people with weight management, diet and increasing activity levels.

Social Prescribing Link Workers



Social Prescribing recognises that a host of social, financial and environmental factors can affect your health and wellbeing. This could be isolation and loneliness, financial worries, work stress, housing problems, care-giving duties, unemployment, relationship worries, or many other factors.

A Social Prescribing Link Worker can work with you to find the services best placed to support you. They might introduce you to groups in the area, they might help you make new friends or restart an old hobby, or they might refer you to a specialist service to support you with managing your responsibilities.



Get in Touch

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