

Social Prescribing Benefits

Social prescribing helps people improve their health by connecting them with community activities and support. This can include activities like exercise classes, volunteering or arts and crafts groups. It helps people feel better by:

- Encouraging them to take charge of their health
- Boosting their confidence and self-esteem
- Reducing loneliness and isolation
- Promoting a sense of community and belonging

Overall, social prescribing can lead to better health and a stronger sense of purpose.



Keeping Well In Community (KWIC)

Care Navigation & Care Coordination Program

The KWIC Care Navigation and Coordination Program supports people who need extra help to look after their health at home.

Over 12 weeks, we can give you information about your health conditions and help you find the services you need to stay healthy.

Fairfield Social Prescribing

A new pilot program in Fairfield is offering a holistic approach to healthcare to address the social and emotional factors that influence wellbeing.

This project, led by the Fairfield City Health Alliance (FCHA), aims to connect people with chronic health conditions who are experiencing social isolation and loneliness to local services and community-based activities that support their overall health.

This approach brings together care navigation and coordination and social prescribing.

Five Ways to Wellbeing

A little each day goes a long way



Social Health Matters

We often take care of our bodies by seeing the doctor or making changes when something feels wrong. But are we also taking care of our social health?

Do you feel lonely & need more social connections?

Connecting with others and doing activities we enjoy can help us feel happier and healthier. What can you do today to feel more connected and fulfilled?

To be eligible for this program, you must:

- Live in south western Sydney
- Are aged 16 years or older
- Have a chronic health condition



South Western Sydney
Local Health District



Making connections

The Social Prescribing Link Worker can help people find support in the community such as:

- Exercise Classes
- Gardening
- Volunteering
- Social groups
- Cooking and nutrition
- and many more!



To refer someone or to join, please contact our team:

- ☎ 0499 693 145
- ✉ SWSLHD-IntegratedCare@health.nsw.gov.au

To be eligible for this program, you must:

- Live in south western Sydney
- Are aged 16 years or older
- Have a chronic health condition

Do you need an interpreter when you call us? It is free and confidential. You can call the translating and interpreter service (TIS) on 131 450 and they will help you contact our team.

To refer someone to the KWIC CNCC Program, please contact our team:

- ☎ 0499 693 145
- ✉ SWSLHD-IntegratedCare@health.nsw.gov.au



South Western Sydney
Local Health District



Try any of these Five Ways daily to help with the ups and downs of life, and improve your wellbeing.

Take Notice

I can take time to be aware of what is happening around me. Taking notice helps us choose more positive thoughts and behaviours.



Be Active

I can move my mood. Being active improves our mood and increases our confidence.



Give

I can give time and think of others. It feels good to support others with a kind word, smile or help.



Keep Learning

I can learn at any age. Keeping our brain active helps us to connect with people and the world around us.



Connect

I can connect with people. Talking with others and taking part in social activities helps us feel like we belong.



@SWSWELLBEING
Email: SWSLHD-Wellbeing@Health.nsw.gov.au



How to Join

There are three ways you can join the program.

You can self-refer

You can call us on 0499 693 145. A nurse will ask you some questions over the phone to see if the program will work for you.

We may call you

We call patients who have recently been to hospital to see if we can support them to stay healthy at home and/or leave hospital early.

Your doctor can refer you

You can talk to your doctor (GP) about our program. If they think it could work for you, they can call our team or send us an email at SWSLHD-IntegratedCare@health.nsw.gov.au

Contact Us

We are open **Monday to Friday from 8:30am to 4:00pm** (except for public holidays).

Our program is mainly virtual. This means your appointments will be over the phone.

To contact our nursing team, you can call us or send an email.

Phone:

0499 693 145

Email:

SWSLHD-IntegratedCare@health.nsw.gov.au

Website:

<https://www.swslhd.health.nsw.gov.au/CommunityHealth/CNCC.html>

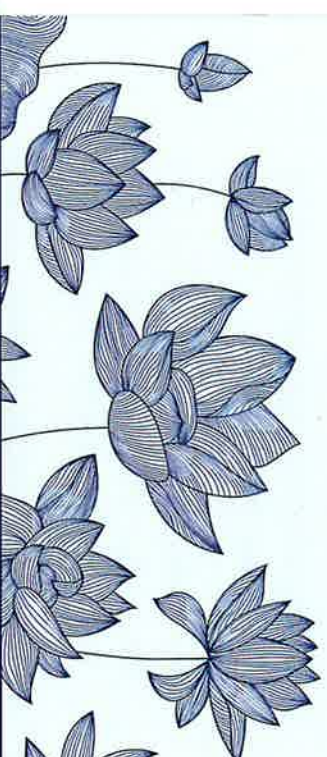
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South Western Sydney
Local Health District

**Keeping Well in
Community (KWIC)
Care Navigation and Care
Coordination Program**

A 12-week health program to support people with chronic conditions in south western Sydney keep well in the community



About the Program

The KWIC Care Navigation and Coordination Program supports people who need extra help to look after their health at home.

Over 12 weeks, we can give you information about your health conditions and help you find the services you need to stay healthy.

Our goal is to support people to look after their health so they don't need to go to hospital as often, or for as long.

What is Care Navigation and Care Coordination?

Care Navigation guides you to find and stay connected to the services you need to look after your health.

Care Coordination involves working with you, your family, carers and healthcare providers to take care of all your health needs.



supported by SWSLHD
Consumer and Community Participation

Benefits

Our program can help you by:



Working with your doctors (GPs) and healthcare providers to understand all your health needs



Linking you to the services you need to stay healthy in the community



Improving communication between you, your family, your carers and your healthcare providers



Providing education to build the skills and knowledge you need to look after your health independently



Making sure you feel involved, supported and respected to make important decisions about your health

Our Clients

You can join our program if you:

- Live in south western Sydney
- Are aged 16 years or older
- Have a chronic health condition

What is a chronic condition?

A chronic condition is a long-term illness that lasts for 3 months or longer and can get worse over time. There is usually no cure, but there are things you can do to make it better.

For example:

- Diabetes
- Mental health
- Respiratory disease (lung issues)
- Renal disease (kidney issues)
- Cardiovascular disease (heart issues)
- Back problems

What to expect

A KWIC nurse will support you over the phone, assess your health and goals, and create a personalised 12-week plan with you.



Scan the QR code to watch a short video

Fairfield Social Prescribing Program
Social Health Matters



We often look after our physical health by seeing the doctor or making changes when something feels wrong.

But what about our social health?

Ask yourself...



Do you feel connected?



Are you doing activities that bring you joy?



Would you like to meet new people and feel supported?

Transforming **your** Experience

Version 1 | March 2025



How can Social Prescribing help?

The Social Prescribing Link Worker can help people find support such as:

- Recreational programs
- Gardening
- Volunteering
- Social groups
- Cooking and nutrition
- ...And much more!



Who is eligible?


This free program is for:

- People who live in the Fairfield area
- People over 18 years old who have a chronic condition



How can I join?

To access the Social Prescribing Program, contact us:

 0499 693 145

 SWSLHD-IntegratedCare@health.nsw.gov.au

Transforming **your** Experience

Version 1 | March 2025



Making Time for Connection

Making time to connect with others is important. It can help to improve your mental and physical health, provides a network to help to deal with difficult situations and it can give you a sense of purpose and self-worth.

Some ways that you can make time for connection are:

- Schedule regular catch-ups with friends, family or work colleagues – set reminders so that you can make it a habit.
- Join a club, group or class that interests you (e.g. fitness groups and community groups)
- Volunteer – it's a great way to meet like minded people while giving back.
- Attend local events, markets or festivals to engage with your community.
- Use technology to stay in touch through video calls, group chats or social media.



Everyday Social Skills

Social skills are important for building and maintaining relationships, navigating social situations and for growing personally and professionally. Here's some ways you can improve your social skills:

- Practice small talk – it can lead to great conversations over time.
- Show genuine interest in others by asking about their day or sharing experiences.
- Offer help or kindness to others – small gestures can build strong connections
- Be open to new experiences and say 'yes'

to invitations when you can.

- Take the first step – reconnect with an old friend or introduce yourself to someone new.

Resources

There are some great resources available to help you stay connected.

- [Conversation Starters](#)
- [Connect to Thrive](#)
- [Improving Social Connectedness](#)



FAMILY NAME		MRN
GIVEN NAME		<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
D.O.B.	M.O.	
ADDRESS		
LOCATION / WARD		
COMPLETE ALL DETAILS OR AFFIX PATIENT LABEL HERE		

Facility: Primary & Community Health

**KEEPING WELL IN COMMUNITY CARE
NAVIGATION AND CARE
COORDINATION REFERRAL**

Date of referral: _____ Consent for Referral: _____

Referrer Details

Name: _____ Service / Ward: _____ Contact number: _____

Patient Details

MRN: _____ Family Name: _____ Given Names: _____ Date of Birth: _____

Address: _____ Contact Number: _____

Patient Information

- Does the patient require assistance in navigating the health system? Yes No
- Will the patient be referred to other community services? Yes No
- Is the patient having difficulty managing one or more health or chronic conditions? Yes No
- Are there environmental or social risk factors impacting patient's ability to self-manage? Yes No
- Is the patient socially isolated or have other vulnerabilities? Yes No

Provide a brief description of the patient's complexity and goals
(what outcomes are expected for the patient)

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AMR018012

Notes Punched as per AS2828.1: 2019

BINDING MARGIN - NO WRITING

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