

# A guide to working with public health teams, social services and carers

Local council public health and social services teams are in daily contact with the same target audience as you, so why not try and piggy-back on activity with them? Partners could offer you a free venue to run outreach sessions in their offices, either for specific groups or for their staff.

## Work with carers' organisations

You could try and develop links to local carers' organisations to explore ways in which you could work together to support carers in their search for health and support information. Make sure your centre's information is readily available and well publicised, so carers can easily find out what support exists online.

Carers could be introduced to the NHS Choices website in terms of maximising their own health and wellbeing as well as enabling them to better help those for whom they care. The session could include the 'carers' section of the website which includes detailed and well-informed articles and advice. You could run the session for a group, so people could meet others in a similar situation to themselves.

## Request links on their website

Check out the websites of public health teams and social services, and ask them to put a link on their site to your centre or the health course and resources on Learn My Way.

## Get in their newsletters

Why not write an article for inclusion in their newsletter? It could be about a specific event being hosted in their premises or nearby, or just letting them know about your centre and the support available.