

LIFE HACKS

For 11-19 year olds



About Life Hacks

Life Hacks provides non-clinical support that is discrete and offers a safe space to talk and be listened to.

We believe that children and young people deserve the chance to develop healthier lifestyles to improve their physical and emotional wellbeing, increase their sense of community and inclusion and encourage them to become involved with the groups or organisations that they are interested in.

We want to know what matters to the child or young person – in their own words. And we'll work with them to find solutions. It could be access to something sporty, arty, creative or social. Or linking with volunteering or advice or counselling services.

Whatever it is, it comes from the child or young person.



**Scan here to
find out more!**



Life Hacks

Young people may be eligible if they are experiencing difficulties in any of the following areas:

**Low Mood | Anxiety | Unhealthy/Risky Behaviours | Low Self Esteem
Identity Issues | Loneliness/Social Isolation**

What Can We Provide?

Up to 12 weeks of guided support which may include funded access to a wide range of activities and services, for example:

**Physical activities | Social / support groups | Creative groups
Education / training opportunities | Specialist advice and support services**

How it Works

Our specialist Link Workers build relationships with the children and young people to understand their aspirations and any barriers they face. Support is guided and co-ordinated by the Link Worker in collaboration with the child or young person and their family or support network. An initial appointment with the Link Worker allows the young person to discuss their current situation and what they would like to change/improve about their lifestyle too. Moving forward and working together, they will be encouraged to consider what matters to them and to identify their own solutions.

How to Refer

We accept referrals of young people aged 11-19 who attend the GP practices linked to the Titan, Hatters, Crown and Caritas PCNs across Luton, Bedford, Central Beds and Milton Keynes.

These are Houghton Regis Medical Centre, Toddington Medical Centre, Wheatfield Surgery, Bute House Surgery, Dr Mirza & Partners, Leagrave Surgery, Lister House Surgery, Oakley Surgery, Sundon Medical Centre, Cobbs Garden, Red House Surgery, Whaddon Medical Practice, Ashburnham Road Surgery, King Street Surgery, Queens Park Group Surgery (Queens Park / Riverfield), Shortstown Medical Centre, The Village Medical Centre and Wootton Vale Healthy Living Centre.

We accept referrals from any professional working in the GP practices (e.g. GP, care coordinator, practice nurse, etc).

Referral is via a form which you can find here:

www.activeluton.co.uk/young-persons-social-prescription

GPs from these surgeries can also refer via S1. CAMHs, PCAS and YPS professionals for all BLMK areas can also refer via our NHS email.

Contact/referrals: **active.luton@nhs.net** (mention 'Life Hacks').

Please note consent must be obtained by the parent/carer and young person to comply with GDPR regulations and to maximise the likelihood of future engagement.