

## What are the benefits?

- Improve your mental and physical health
- Meet new people
- Learn a new skill or participate in a new activity
- Improve self-confidence and self esteem
- Better quality of life
- Get involved in your community
- Feel motivated and positive

If you decide you'd like to meet one of our Link Workers for a chat, please speak to your practice or your GP.

CONTACT DETAILS

**NHS**



## Social Prescribing

**NHS**

Your GP Practice has a Social Prescribing Link Worker. Offering you support and connecting you to local services to help improve your wellbeing.



## What is Social Prescribing?

Many things in life can make us feel unwell and a medical prescription is not always the answer.

Social Prescribing can help you to take control of your own health and wellbeing.

By giving you time to think about what matters most to you and identify ways to improve your health and happiness.

It is designed to help you develop stronger connections between you and your community (including social activities and supporting services).



## How does Social Prescribing work?

A member of your GP practice team can refer you to social prescribing.

A Social Prescribing Link Worker will contact you to discuss the referral and arrange to meet you.

Together, we will look at what is important to you and your wellbeing.

Develop an action plan, identifying how you can access local services and activities to help you reach your goals.

The Social Prescriber will be there to support you.



## What sort of things might the Social Prescribing service link me with?

Anything in your local community, such as:

- Social groups
- Friendships and support groups
- Creative activities
- Outdoor activities
- Housing, benefits and financial advice
- Training and learning new skills
- Volunteering
- Employment support