

**Social Prescribing**



**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 have more control of your health and wellbeing. By giving you time and support to think about **what matters most to you** and identify ways to improve your health and happiness.

It is designed to help you to develop stronger connections, between you, your community, social activities and support services.

**What can the Social Prescribing Service do?**

**Provide support with:**

* Emotional wellbeing
* Healthy lifestyle choices
* Building confidence
* Accessing employment
* Long term health conditions

**A social prescribing link worker can link you with activities in your local community, such as:**

* Social groups
* Creative activities
* Outdoor activities
* Support and friendship networks
* Financial and benefits advice
* Training and learning new skills
* Volunteering



**How does Social Prescribing work?**

A member of your GP practice team can refer you to a Social Prescribing Link Worker.

The Link Worker will contact you to discuss the referral and arrange to meet you at your GP practice.

Together, you will look at what is important to you and your wellbeing and develop an action plan, identifying how you can access local services and activities to help you reach your goals.

The Link Worker will be there to support you.

**What are the benefits?**

* Improve mental and physical wellbeing
* Meet new people
* Improve confidence and self esteem
* Feel motivated and positive
* Learn new skills and participate in a new activity
* Get involved in your community
* Access a better quality of life

**Does it cost anything?**

No, the service is free.