



Social prescribing

Your doctor isn't the only one who can make you feel better. You can take charge of your health and wellbeing with the support of social prescription.

Social prescribing is a short term service which compliments the care you may be getting from your GP, as taking care of your health involves more than just medicine. Your link worker will contact you within 5 working days and spend time with you working out 'what matters to you'. They will help you identify what improvements you want to make and support you to make them happen. They may ask you to meet them at your GP surgery or elsewhere in the community and offer a home service if this is necessary.

What support can I get?

Your link worker can help you with a wide range of issues including

- Social isolation
- Healthy lifestyle choices
- Loneliness
- Emotional wellbeing
- Coping with life changing events
- Long term health condition
- Loss of confidence
- Getting out and about
- Poor health linked to housing or housing conditions
- Accessing work, training and volunteering
- Debt management or benefits support
- Access to Counselling and other support groups

Social Prescribing, the benefits

- Support for health and lifestyle changes
- Improved health and well-being
- Improved self-esteem and confidence
- Person centred 1-1 support
- Improved social interaction
- Practical support in the community

Your link worker is not there to judge or criticise you. They will listen and work with you to explore what is important to you for your life and well-being. They will offer support and together you can make real positive changes.