

Together we will:

- Discuss the problems you are facing
- Explore what is important to you
- Agree your goals
- Find local activities and services
- Help you access them

How to contact the Social Prescribing Link Worker:

**Speak to a member of the
Surgery team who can refer you to
the social prescribing service**



Your Social Prescribing Link Worker is:
Jonathan Cook

Social Prescribing Service



DOING THINGS DIFFERENTLY
For better health and wellbeing

What is Social Prescribing?

The Social Prescribing service is for people aged 18-64 helping you to explore extra services that may support you to improve your health, wellbeing and independence.

Social prescribing will enable you to access a range of non-medical activities and support provided by locally based, voluntary and community sector organisations.

'The link worker gives people time and focuses on what matters to the person'

The aim of Social Prescribing

To work with you to support you live independently as possible. Being active, engaging with others, learning something new and getting involved in the world around you can improve your mental health and wellbeing. This would help you to:

- Be more active
- Meet new people and make new friends
- Have something to look forward to
- Help other people
- Re-connect with community
- Learn something new or take up a new activity
- Make positive changes in your life

How does it work?



A member of your GP practice team may suggest a referral to the social prescribing service. The social prescribing link worker will contact you to talk with you and find out more about what you would like help with. The link worker can arrange an appointment at a time and place convenient to you.

A Social Prescribing Link Worker (SPLW) is:



- Confidential, practical, helpful, non-judgmental
- Someone who can help you to decide what you would like to do to improve your health and wellbeing by finding you activities that will suit you
- Someone to support you on your way

Services available may include:



- Healthy lifestyles and activities
- Arts, music, outdoors and creativity
- Befriending, counselling, support
- Help with housing, benefit & financial support
- Employment, training and volunteering
- Education and learning
- Access to specialist services