

# What is Social Prescribing?

Social Prescribing connects people to a range of activities, services and events in your local community.



Many things can affect our health and wellbeing which could include feeling isolated, lonely or stressed by work, money and housing problems or living with a health condition.

By having a conversation with a Link Worker they will listen to what matters to you and put you in touch with people and activities that might help you to feel better.

## How can Social Prescribing help you?

- Improve how you feel in a way that suits you
- Have more control over your own health and well-being
- Connect you to a local group or activity
- Provide you with information or guidance about local resources and services

**To make an appointment with a Social Prescribing Link Worker please call your GP surgery.**



Working in partnership