

## Who is a Social Prescribing Link Worker?

Social Prescribing Link Workers give people time and focus on what matters to the person, we can support you to identify goals and create an action plan to achieve them. We connect people to community groups and agencies for practical and emotional support.

If you think the service may help you or someone you care for, or to find out more, please contact your Practice Social Prescribing Link Worker by telephone or e-mail or ask your GP Practice Receptionist.

We also accept referrals from your GP, other members of your Practice team, community and district nursing teams and hospital discharge teams.

**Appointments are available at your GP Surgery.**



## What happens next?

After you have been referred your Social Prescribing Link Worker will contact you to arrange an appointment. This will usually be at a local GP Surgery

We will help you identify areas in your life where local activities and support could help you to feel better, more confident or more able to manage your current situation and health.

### Together we will:

1.	Discuss the problems you are facing
2.	Explore what is important for you
3.	Agree your goals
4.	Find local activities and services
5.	Help you to access them

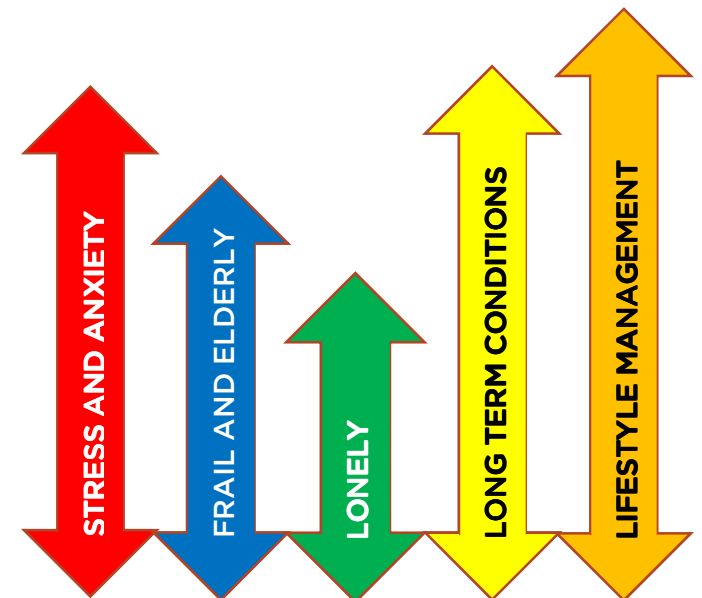
### Your Social Prescribing Link Worker is:



# Social Prescribing Service

## Need some support? Not sure where to go?

When daily life gets in the way of improving your health, we can help you tackle your problems and feel better.



## STRESS AND ANXIETY RECENTLY BEREAVED FAMILY CONCERNS

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### Improving your health can take time and support

Our Social Prescribing Link Worker is here to help you look after your health and feel better. Lots of things in everyday life can affect your health and get in the way of making the changes you want to make. Instead of giving you a prescription for a medicine, your Social Prescribing Link Worker will work with you to create your own **social prescription**. This will help you to access activities and support that will improve your health and enjoyment of life. Whatever worries or questions you may have, we are here to listen and will help you get the advice and support you need.

### How can we do this?

We have teamed up with many community services so that you can access the best advice and support available.

## FRAIL AND ELDERLY HOUSING ISSUES LIVING ALONE

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### How can a Social Prescribing Link Worker help me?

We can link you up with services in the community that can provide you with:

- Support to make positive changes in your life
- People to talk to about how you are feeling
- Help with housing, benefits and financial problems
- Advice on jobs, training, and education
- Exercise, sports and games
- Arts, music, outdoors and creative activities and classes

Your social prescription could include help with taking up a new hobby, doing more exercise, making new friends or taking part in local events and social activities.

### Your Social Prescribing Link Worker is here to help you do it!

## LONG-TERM CONDITIONS LANGUAGE BARRIERS LIFESTYLE MANAGEMENT

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### What sort of activities could I do?

We will help you find the activities that suit you best. Examples of popular activities include:

- Walking and strolling groups
- Seated exercise classes
- Arts and crafts
- Sports and hobbies
- Community groups and clubs
- Computer and internet classes
- Volunteering

### How will my health improve?

Some of the health benefits can include:

- Lower stress and anxiety
- Reduced isolation or loneliness
- More motivation and energy
- Improved mood
- More confidence
- Reduced pain
- Fewer symptoms
- A more active mind