



HOW YOU CAN REFER TO US?

If you think that you or someone you know could benefit from our services, please don't hesitate to speak to a member of our surgery team to schedule an appointment.

Additionally, we accept referrals from GPs and other members of your GP practice team.








YOUR SOCIAL PRESCRIBING LINK WORKER IS HERE TO HELP YOU!

Social Prescribing Link Workers offer individuals an opportunity to reflect on what truly matters to them.

Our team can assist you in identifying your goals and creating a plan of action to accomplish them. We are dedicated to connecting people with the resources they need, including community groups, organisations, and agencies that offer both practical and emotional support.

WHAT HAPPENS NEXT?

Once you are referred, your Social Prescribing Link Worker will get in touch with you to schedule an appointment.

-  **Stress and Anxiety**
-  **18 years +**
-  **Lonely or Isolated**
-  **Long Term Conditions**
-  **Lifestyle Management**



TOGETHER WE WILL...

- Explore what matters to you
- Discuss the changes you need to make
- Agree your goals
- Link you to local support and help you to access services



SOCIAL PRESCRIBING SERVICE

Do you need some guidance?

Feeling lost and uncertain?

If daily life gets in the way of your health, we're here to help address your concerns and empower you to improve your overall wellbeing.

HOW CAN A SOCIAL PRESCRIBING LINK WORKER HELP ME?

We are here to connect you with a range of services in the community that can help you make positive changes in your life. These services include:

- Professional support to guide you through tough times.
- Access to people you can talk to when you need someone to listen.
- Assistance linking you to support for housing, benefits, and financial struggles.
- Advice on jobs, training and education to help you achieve your goals.
- Opportunities for exercise, sports and games to maintain physical and mental wellness.
- Creative activities and classes in arts, music and the outdoors to explore your passions.

WHAT SORT OF ACTIVITIES COULD I TAKE PART IN?

We are here to assist you in identifying activities that match your interests and preferences. Some of the options we offer include:

- Joining a walking group
- Participating in various exercises
- Exploring your creativity through arts and crafts
- Engaging in sports or hobbies
- Joining community or social groups
- Pursuing additional training and education
- Volunteering for a worthy cause



HOW WILL MY HEALTH IMPROVE?

There are numerous health benefits that can be gained from these activities, including:

- Reduced stress and anxiety levels
- Decreased feelings of isolation or loneliness
- Increased motivation and energy
- Enhanced mood
- Improved confidence
- Pain reduction
- Fewer symptoms
- Boosted cognitive function