

How can social prescribing help you?



A social prescribing link worker based in your GP surgery enables you to access the right support to tackle your problems and feel better.

Contact your GP practice about an appointment.

A social prescribing link worker will find out what is important to you and help create your own 'social prescription'. This will support you in accessing activities to improve your health and enjoyment in life, such as:



People to talk to about how you're feeling



Exercise, sports and outdoor groups



Creative arts activities and music inspired classes



Help with housing, benefits and financial problems



Volunteering