



Personalised Care

WHAT IS SOCIAL PRESCRIBING?

Many things affect your health and wellbeing. GPs tell us that a lot of people visit them feeling isolated or lonely. Or they might be stressed out by work, money and housing problems. Sometimes it's the stress of managing different long-term conditions.

That's where social prescribing comes in. It starts with a conversation. It might be the conversation you've just had with your doctor. Or with another person in the practice team. They will refer you to a social prescribing link worker.

The link worker is there to listen to you, and put you in touch with the people and activities that might help you to feel better.



Your link worker might introduce you to a community group, a new activity or a local club. Or they might help you find legal advice or debt counselling. They might just help you find information and guidance: a bit of inside knowledge on your situation or what local resources there are. They could even support you to create something new such as a gardening club, a fishing group, a 'men's shed' or knit and knatter group.

Social prescribing can help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

Studies show that people get better and feel better faster than those treated with medicine alone. And because it works, it's happening more and more – including here in this area.

For more information about social prescribing visit
www.england.nhs.uk/personalisedcare/social-prescribing/



"I thought I was just nothing. Now I feel really good. Every morning I wake up with a smile. I think I've got a bright future as well."

AS – on her experience of social prescribing