



# HOW CAN THE SOCIAL PRESCRIBING TEAM HELP YOU?

## A guide for Patients

Many things affect your health and wellbeing. We can all sometimes feel isolated, lonely, or stressed out by work or money. Or maybe you're dealing with the stress of managing a long-term condition.

Our Social Prescribing team help patients deal with similar concerns every day, and can work with you to create a personalised support plan to access the support you need and help you feel better. They are a wealth of information about all the local resources available to you, whether it be a class or workshop, debt counselling, legal advice or even a new club to join.



**Alliance for  
Better Care**



# SOCIAL PRESCRIBING?

## How do I access support?

There is increasing evidence in the success of Social Prescribing and the impact it has on both individual health and communities.

Our Link Workers are there to listen to you, and put you in touch with the people and activities that might help you to feel better.

So if you're feeling as though you need a little extra support and guidance, ask your GP practice to refer you to a Link Worker for a chat. The service is free and can make a real difference.

**Read more about Social Prescribing on the NHS website:**  
[england.nhs.uk/personalisedcare/social-prescribing](https://www.england.nhs.uk/personalisedcare/social-prescribing)



**Alliance for  
Better Care**