

What is Social Prescribing ?

Social Prescribing involves getting help for the things that affect our health and wellbeing that can't necessarily be treated with medicines.

With one of our GP Link Workers you can get specialist support, tailored to the issues you are facing and what matters to you. Issues like....

- Social Isolation
- Loneliness
- Emotional unease
- Poor lifestyle choices
- Lack of community connection
- Difficult life events
- Long term health conditions
- Unemployment or lack of training opportunities
- Financial hardship
- Housing issues
- Dementia

The GP Link worker will contact you and spend time with you exploring what activities and/or local support could improve your health and wellbeing. You can consider the benefits and they will assist and support you to plan your next steps. Please note we have a specialist Dementia GP Link Worker, Jan Casson to support people living with dementia and their carers.

How to self refer

Calling your GP practice and let the care coordinator team know you wish to be referred. We will then contact you within a week.

Your Local team are –



Andy



Miranda