



Are you feeling isolated or lonely?
 Are you stressed about work, home or money issues?
 Are you struggling with managing different long term conditions?
 Are you struggling with life changing events, retirement, a bereavement?

The Social Prescribing Link Worker aims to support you to take greater control of your own health and find ways to improve how you feel in a way that suits you. Studies show that people who have worked with a Social Prescribing Link Worker get better and feel better faster than those treated with medicine alone.

Benefits of using a

Social Prescribing Link Worker
 Improve Mental Health
 Improve Physical Health
 Meet new people
 Learn a new skill
 Be part of a new activity
 Increase self confidence
 Increase self esteem
 Improve quality of life
 Involvement in your community

We know that taking care of yourself involves more than just medicine and that's why we offer a Social Prescribing Link Worker service to our patients.

A Social Prescribing Link Worker can support you in getting specialist support for more than your medical issues. Its really easy, all you need is the time to have a conversation.

The Social Prescribing Link Worker will take the time to listen to you and work with you to recognise other things that may be affecting your health.

It works. It's happening elsewhere. It's happening here in your practice.