



Currently, one in five GP appointments are for non-medical problems. Issues like loneliness, isolation, poor mental health, debt, poor housing or family problems can make us feel unwell.

Social Prescription Link Workers are new members of the Primary Care Network and are able to work with patients using a personalised and centred approach to support you identify what is important to you, see the positive things you have in your life and help you to find out what support you feel is missing in terms of your own health and wellbeing.

## How does Social Prescribing work?

A member of your G.P. Practice Healthcare team can refer you to the Social Prescribing Link Worker. The Social Prescribing Link Worker will then contact you to arrange a 1-1 appointment. Due to COVID -19 your appointment may be over the telephone.



## A Social Prescribing Link Worker will....

- ❖ Support you to make decisions about your own health and wellbeing
- ❖ Will connect you with local services to help with any problems you may be facing like housing, debt, isolation, diet and exercise
- ❖ Will connect you to community groups to help improve your physical, mental, emotional and social wellbeing
- ❖ Help you find education, training opportunities and employment services



**If you would like some support ask your GP for a referral**