

WHAT IS SOCIAL PRESCRIBING?

Many things affect your health and well-being. 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. But, they may refer you to a social prescribing link worker.

Your link worker will listen to you and guide you to people and activities that might help you to feel better. Social prescribing can help you find ways to improve how you feel in a way that suits you and gives you more control over your own health.



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 natter group.

Studies show that people who work with a link worker 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 Nottingham.

If you would like 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

Link Worker lead employer:

