

What is Social Prescribing?



Social Prescribing helps you to explore extra services that may support you to improve your health, wellbeing and independence.

How does it work?

A member of your GP practice team may suggest a referral to the Social Prescribing Link Worker here within your practice. Then one of our Social Prescribing Link Workers will contact you to find out what you are interested in, tell you about what activities and services are available locally and help you to access them.

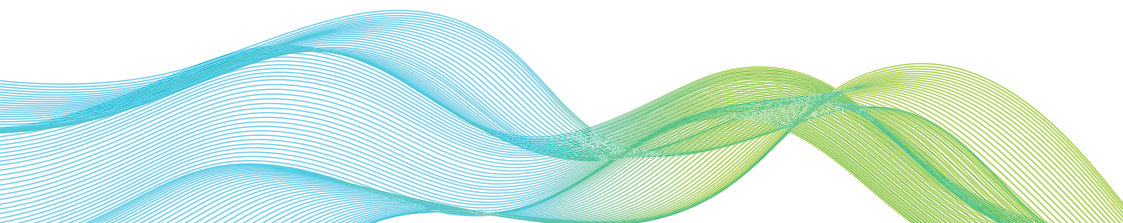
Together you will be able to:

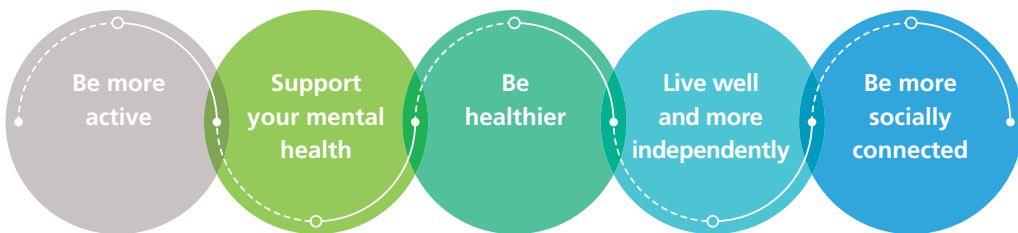
- Explore what is important for your life and wellbeing
- Identify the local activities and services you can benefit from
- Gain support and encouragement to start using services that can help you.

Interested in knowing more?

Ask at reception or contact us on: wyicb-cal.personalisedcareteam@nhs.net

Or visit our website for more information about Social Prescribing within GP Practices across Calderdale at: www.penninegpa.co.uk





Why choose Social Prescribing?

Social Prescribing is a free and confidential service within your practice.

Our Social Prescribing Link Workers are here for you.

Social Prescribing can help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

A Social Prescribing Link Worker from your practice is someone

- You can talk to confidentially
- Who is practical, helpful and who will not judge you
- Who can help you decide what you'd like to do to improve your health, wellbeing and independence
- Who can find you activities that will suit you
- Who can give you support along the way.

And Social Prescribing can link you with many services in your community to help.

These may include:

- Healthy lifestyles and active lives
- Arts, music, outdoors and creativity
- Befriending, counselling and other support groups
- Housing, benefits and financial support and advice
- Employment, training and volunteering
- Education and learning
- Getting involved in local groups and activities

If you would like our Social Prescribing Link Worker to contact you please talk to the reception staff at your practice.