

Social Prescribing

in Calderdale

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

Be more active

Support your mental health

Live well and more independently

Be healthier

Be more socially connected

To access social prescribing, you can self-refer by contacting your GP practice or email wyich-cal.personalisedcareteam@nhs.net

Find out more
penninegpa.co.uk



How does it work?

Together with a social prescribing link worker you will:

- 1 Explore what is important to you for your wellbeing.
- 2 Identify local activities and services you may benefit from.
- 3 Gain support and encouragement to access these services.

Pennine GP Alliance

Ensuring *viable* GP services *remain* at the heart of our *Neighbourhoods*.