

Social *Prescribing*

in Calderdale

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

Find out more
penninegpa.co.uk



Pennine GP
A stylized white wave graphic that underlines the text "Pennine GP" and precedes the word "Alliance".
Alliance



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.

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