

# Social Prescribing for Better Health and Wellbeing

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 service. One of our Social Prescribers 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:

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

## The social prescriber is:

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

## 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
- Accessing specialist services and support.

To find out more visit: [www.worcestershire.nhs.uk/SP](http://www.worcestershire.nhs.uk/SP)