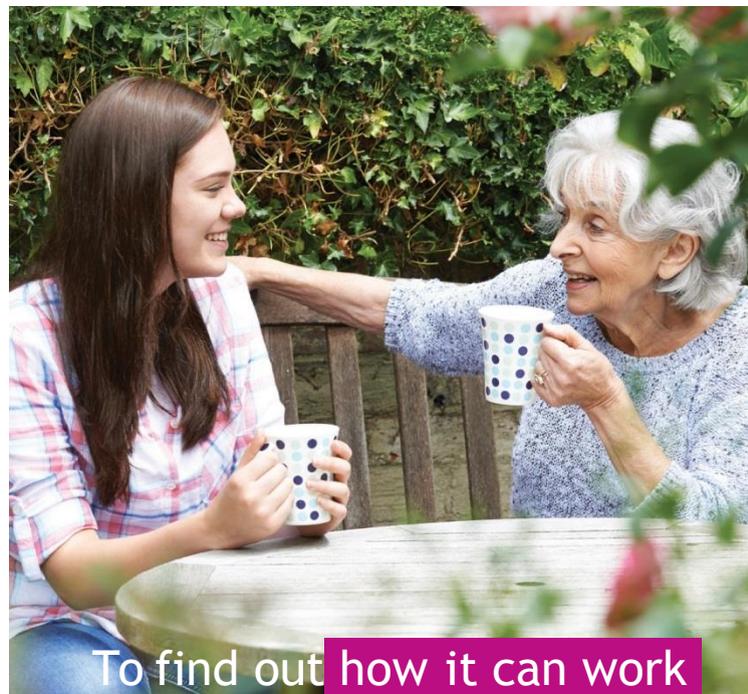


At its most basic, a social prescription offers the kind of help that doesn't come in a tube or a bottle.

The idea behind social prescribing is to help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

Studies show that patients with social prescriptions **get better and feel better** faster than those treated with medicine alone. And because **it works**, it's happening more and more.



To find out **how it can work for you** talk to your GP, health professional or receptionist if you are registered at one of the following practices:

- The Ridge Medical Centre
- Horton Park Medical Centre
- Parklands Medical Centre
- Horton Bank Top Medical Centre
- Wibsey & Queensbury Medical Centre

What is **Social Prescribing?**



Many things affect your **health and wellbeing**. GPs tell us that a lot of people visit them feeling isolated, lonely or stressed by work, money and housing problems.

There are lots of ways you might be part of social prescribing. It often starts with a conversation, perhaps with your doctor who can refer you to someone who can help: a link worker.

Link workers are there to listen to you, and put you in touch with the people and activities that might help you to feel better.

Social Prescribing can help us with things that **can't be fixed** by doctors and medicine alone.

That might mean being introduced to a community group, a new activity or a local club. It could be legal advice or volunteers to help around the house. It might be information and guidance: a bit of inside knowledge on your situation and what local resources are available.

It could even be some support to create something new such as a fishing group or gardening club.

