



What is Social Prescribing?

Social prescribing provides a 1:1 personalised support service with a Social Prescribing Link Worker (SPLW).

They will help you with a wide range of social, emotional and practical needs with a focus on **'What Matters to You'** helping to improve your mental/physical wellbeing and general health.



What can your SPLW support you with?

- Housing, Finance, Benefits
- Long term conditions
- General and Emotional Wellbeing
- Social Isolation and Integration
- Volunteering, Employment and Learning

How can your SPLW support you?

We can offer up to 8 sessions to link you to the right support by:

- **Signposting** – information and encouragement to access services
- **Facilitation** – Information and support to access services
- **Navigation** – Support to engage and access a service

How can you access the SPLW service?

Speak to the reception staff at your GP practice for further Information.