

WHAT IS Social Prescribing?



PRACTICAL AND EMOTIONAL SUPPORT

Social Prescribing often begins with a referral from a GP, health professional or charity to a Social Prescribing Link Worker.

Link Workers listen to people and try to understand their situation, and what matters to them.

They support that individual in “linking” them to organisations and information that can help.



HELPING PEOPLE LIVE THE BEST LIVES THEY CAN

Social Prescribing can play a crucial role in improving health and wellbeing;

- It helps people feel heard and understood.
- It creates thriving communities.
- It can support people who are most at risk of poor health
- It helps people get the most relevant and effective support available.

WHAT ACTIVITIES DOES IT INVOLVE?

Physical movement doesn't have to mean going to the gym, swimming, or formal exercise classes or anywhere else you may feel out of place. Activities include:

- Walking in nature
- Learning to Dance
- Gardening
- Exploring the local community



WHAT ARE THE BENEFITS

Benefits of Physical activity through social prescribing:

- Lowers the risk of conditions including cancer, dementia, heart disease and stroke.
- Lessen the risk of type 2 diabetes by 30-40%.
- Boost mental wellbeing.
- Supports individuals with chronic illness to manage their condition.
- Helps you cut back on unhealthy habits like smoking.

