



# What is social prescribing?

**Many things can affect your health, from feeling isolated or lonely to work, money, housing problems or managing different long-term conditions.**

Your doctor isn't the only person who can help you get better. There are other things you can do to improve your health and wellbeing, and sometimes you just need a bit of help to work out what they are.

That's where a social prescribing link worker comes in. They are there to listen to you and put you in touch with the people and activities that might make you feel better.

Social prescribing can help you to have more control over your health and wellbeing by exploring ways to improve how you feel in a way that suits you.



## How does it work?

The Rushcliffe Social Prescribing Service is based on the five ways to wellbeing. This is an evidence based model that can improve your physical and emotional health.

Your social prescribing link worker could connect you to a community group, a new activity or a local club, or they might help you access legal advice or debt counselling. They might just help you find information and guidance by using a bit of inside knowledge on your situation or what local resources there are.

## Our approach

- Signposting to local resources
- Health coaching
- One-to-one support

## Referral

The service is by referral only and starts with a conversation. It might be a conversation you have with a doctor, or with another person in the GP Practice team. If they think you will benefit they may refer you to a social prescribing link worker.

**To find out more about social prescribing locally,  
go to the South Notts ICP area on:  
[www.healthandcarenotts.co.uk](http://www.healthandcarenotts.co.uk)**



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