

## Who is it for?

Social prescribing is available to anyone who is 18 and over

## How do I access the service?

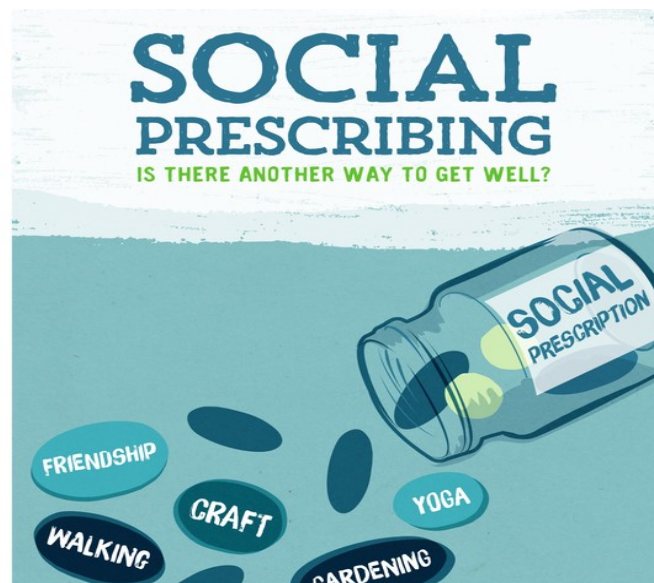
It's simple, you can ask your GP, health care professional or surgery staff to be referred to the Social Prescriber.

You can also self refer by contacting your GP reception.

Our Link worker will then contact you and arrange either a telephone or face to face appointment.



## Social Prescribing Link worker



## North Newham Social Prescribing



### Did you know?

Your doctor isn't the only person who can help you feel better.

You can improve your health and wellbeing through social prescription.



## What is Social Prescribing?

We know that taking care of your health involves more than just medicine.

With North Newham Social Prescribing you can get specialist Support for more than medical issues. Your local link worker will contact you and spend time with You exploring what activities and/or local support could improve your health and wellbeing. You can consider the benefits of participating in them, and we will assist and support you to plan your next steps.

## What support can I get?

Our link worker can help you with a range of issues, including:

- Social isolation
- Loneliness
- Emotional wellbeing
- Healthy lifestyle choices
- Getting out and about
- Life changing events such as birth, retirement, bereavement
- Long term health conditions
- Loss of confidence/purpose
- Poor health linked to housing or housing conditions
- Accessing work, training and volunteering

## What are the benefits?

- Improve your mental and physical health
- Meet new people
- Learn a new skill or participate in a new activity
- Increase self confidence and self esteem
- Better quality of life
- Get involved in your community

## Does it cost anything?

**No, our service is free**