**Would you like to improve your health and well-being?**

**Many of life’s problems can make you feel unwell:**

**Living alone** **Bereavement** **Money worries** **Weight problems**

 **Addictions** **Smoking** **Health and fitness Family**

**Your GP is not the only person who can help you feel better**

**Your GP Practice has a Social Prescribing Link Worker**

**What can a Social Prescribing Link Worker do for you?**

* **Discuss the problems you are facing**
* **Explore what matters to you**
* **Agree your goals**
* **Find local services and activities**
* **Help you to access the local services and activities**

**Social Prescribing Link Workers can help link you to local groups and activities, help you make positive lifestyle changes, learn new skills and refer you into community health services and social care if necessary.**

**Social Prescribing Link Workers can also signpost you to the relevant support for topics such as employment, training, benefits, housing and legal advice.**

**Social prescribing can link you with many services in your community to help.**

**These may include:**

**Healthy lifestyles and active lives • Arts, music, outdoors and creativity • Befriending, counselling and other support groups • Housing, benefits and financial support and advice • Employment, training and volunteering • Education and learning • Getting involved in local groups and activities • Accessing specialist services and support.**

**If you think that you would benefit from our help and support please call the surgery and ask to be referred to the Social Prescribing Team.**

**You can also email: selicb.socialpwoodlands@nhs.net**