

WHAT IS SOCIAL PRESCRIBING?

You have been given this leaflet to help you understand more about Social Prescribing.....

People's health can be affected by lots of different things. For example, people might not feel well if they:

- have money problems
- are not sleeping
- are working too much
- are going through a difficult time

This means that the right help is not always medicines and treatments.



This is **Social Prescribing**.

Studies show that people get better and feel better faster than those treated with medicine alone. And because it works, it's happening more and more - including here in Huntingdon.

The Social Prescribing Link Worker is there to listen to what matters to you, and put you in touch with the people and activities that might help you feel better.

This is work that the NHS is doing to make sure you have choice and control over your care and support.

YOUR LINK WORKER

The link worker will start by finding out about you. They will ask you questions about how you feel and what you would like help with. The link worker will help you to understand what might help you to be healthy and happy. Your link worker will help you to make a plan and help you to do the things on your plan.



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