

Wallsend Social Prescribing Service

There are Social Prescribing Link Workers in Hadrian Health Centre, The Village Green Surgery, Battle Hill Health Centre, and Bewicke Medical Centre.

Our aim is to support you to access local services based on **what matters to you**, for example getting involved in social or community activities, increasing fitness levels, improving mental or emotional health, or finding support with practical issues like housing or finances.



“I feel like I am finding me again”

“I never knew how much there was to do in my area”

“Keeping so busy has really lifted my mood”

Former Social Prescribing users

For more information, ask any staff member at your GP practice to refer you for Social Prescribing

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We recognise that many things affect your health and wellbeing. Social Prescribing aims to support you to have more control of your own health and manage your needs in a way that suits you.



What happens next?

One of our Social Prescribing Link Workers will contact you to say hello and arrange an appointment that is convenient for you.

Your Link Worker will support you to identify what changes you would like to make.

We understand that trying something new can be unnerving, so we can help you build up motivation and confidence to do **what matters to you**.



Search for 'social prescribing' on the local services directory:
www.livingwellnorthtyneside.co.uk

If you feel you would benefit from some support, are over the age of 18 and you live in or are registered with a GP in Wallsend, then please ask any staff member at your GP practice to refer you for Social Prescribing.