

YOUR WELLBEING MATTERS TO US



Your surgery has appointed a Social Prescribing Link Worker. This a specialist who can support you with issues that are affecting your health and wellbeing.

They can offer free confidential advice and can help connect you to support and services for any of the following:

- **Meeting new people, Social Activities/Hobbies/Volunteering**
- **Emotional wellbeing - Stress management/ Anxiety / Loneliness and isolation**
- **Lifestyle changes - Weight management/ Smoking/ Alcohol**
- **Education - Skills development/Training**
- **Managing your money e.g. Debt/Housing/Benefits**

To arrange an appointment please speak to your GP practice reception team.