



Public Health
Northamptonshire



spring

SOCIAL PRESCRIBING
IN NORTHAMPTONSHIRE



If you're an adult in Northamptonshire with a long-term health condition, and you want more out of life, we can help.

Spring is a community-driven support network, helping people manage their health and wellbeing.

Because everyone has a right to a full life.

1

Our Link workers will help you take control of your wellbeing – in a way that's right for you.

2

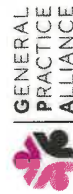
Across a 12-month program, they'll connect you with support services and make sure you progress comfortably.

3

With the help of the local community, you'll build fulfilling new habits that last.

Does this sound good for you or someone you know?
We'd love to hear from you.

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Northamptonshire
Health and Care Partnership