




## How to contact us

If you think you would benefit from this service or have any questions, you can introduce yourself to the social prescribing service by contacting us on:

 0113 336 7612

 [linking.leeds@nhs.net](mailto:linking.leeds@nhs.net)  
The Reginald Centre, 263 Chapeltown Road, Leeds, LS7 3EX.

 [www.linkingleeds.com](http://www.linkingleeds.com)  
Our website includes an introduction form for you to complete.

 You can also gain an introduction via your GP  
Ask your GP surgery for further information.

 @LinkingLeeds

*If you have any queries or additional support needs please contact us.*

Please pass this leaflet to someone who might need it



If practical or emotional problems are stopping you feeling your best, Linking Leeds can help you get them sorted.

Linking Leeds is the free city-wide social prescribing service for anyone over 16.

We can link you with services and activities within your community to improve your social, economic and mental wellbeing. We can empower you to make a change in your own life.



## What is Linking Leeds?

Linking Leeds is a free city-wide social prescribing service for anyone aged 16+ and registered with a Leeds GP surgery.

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## What is social prescribing?

Social prescribing is a way of linking you with services and activities within your community to improve your health and wellbeing. It is a way of connecting you to the right service in your area to help you find the solution to your problem and make positive changes to your life. We will:

- ✓ support you to work out what support you need and make it easier to access it;
- ✓ motivate you to make positive changes;

We are here to help you or someone you know. Get in contact today.

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## We can help you with...

-  Housing or money issues
-  Wellbeing and emotional support
-  Loneliness / Lack of connection
-  Addictions issues
-  Meaningful social activities
-  Mental health



## How we help...

You are assigned a Wellbeing Coordinator who will spend time finding out what's important to you, what's holding you back and discussing the positive changes you can make to improve your life. Together you'll set goals and agree a plan of action.

Your dedicated Wellbeing Coordinator will work with you up to 12 weeks and will check in with you every couple of weeks, until you feel you're on the right track. This depends on what you need as some people just want information on what is available, while others need more help.

Your Wellbeing Coordinator will provide you with all the information you need to take action yourself and can make referrals to other services where necessary.

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## Your feedback

- “ Made me feel more confident about the things that I have been doing to keep myself well. I realise that I have done a lot, and I need to give myself credit for the things I have put in place. Thanks for helping me reflect. ”
- “ I didn't know services like this existed. ”
- “ I felt listened too and the coordinator had an empathetic approach. ”
- “ It is good to have somebody to turn too. ”
- “ Thank you for all your help, you let me talk and let things out. ”