



# Social Prescribing

Social Prescribers are part of your GP Practice team and can provide non-clinical support to help you improve your health and wellbeing. They will work with you to identify what matters to you and connect you to services, community groups and other local resources.

Social Prescribers can help with:

- Finding local groups and making friends
- Accessing work, training or volunteering
- Money or housing difficulties
- Healthy lifestyle choices
- Support for carers
- Accessing mental health support

If you are registered with a GP surgery in Northwich, you can self-refer by emailing [cmicb-cheshire.northwichsp@nhs.net](mailto:cmicb-cheshire.northwichsp@nhs.net)

Call today: 07359 778 575