

# SOCIAL PRESCRIBING

Transform Your Health and Life

GENERAL PRACTICE  
WORKING TOGETHER

YORK ROAD  
PRIMARY CARE NETWORK

SHAFTESBURY MEDICAL CENTRE  
THE GARDEN SURGERY  
DR LAYBOURN & PARTNERS

Are you looking for ways to improve your **health** and **well-being** beyond medical treatments?

Discover our **Social Prescribing Service**



## Mental Health

Support for low mood, depression, anxiety



## Isolation

Befriending, group activities, etc.,



## Housing

Support letters, referrals to housing agencies.



## Carers Support

Referrals for adult social care, Carers Leeds, social services, and pendant alarms



## Employment Support

Addressing workplace stress, Connecting to employment support services



## Food & Pantry

Facilitating access to pantry and food bank vouchers



## Finances

Benefits advice, debt assistance, and access to food banks/pantries



## Forms Assistance

Help with PIP, Attendance Allowance, bus pass, blue badge forms, and more..



## Volunteering

Opportunities to engage in community service and build connections

We offer even more services to support your well-being and connect you with the community.

✓ **This service is completely FREE to patients!**

Please talk to our receptionist to book appointments or for more details.