

Social prescribing



People's health can be connected to a lot of different things.

This means the right help is not always medicines and treatments.



In **social prescribing** people get help to be healthy and happy through more things than just medicines and treatments.

Link workers work with people to find activities that might help them feel healthy and happy.

Examples of what social prescribing can include

Volunteering



Healthy eating advice



Friendship groups



Arts activities



Information and advocacy



Legal advice



These are just examples.

Social prescribing is about what will work for each person as an individual.



Link workers start by finding out about the person they are supporting.



Then they work with the person to understand what might help them be healthy and happy.





Social prescribing helps people have more control over their own health.



People should always be able to choose what treatment or activity is right for them.



Social prescribing is part of universal personalised care. You can find out more in this easy read document:

<https://tinyurl.com/UPCeasyreaddoc>