

## What are the Benefits?

There are many benefits including:

- ✓ Improve in mental and physical health.
- ✓ Learn a new skill or participate in a new activity.
- ✓ Increase self confidence and self esteem.
- ✓ Better quality of life.
- ✓ Meet new people and get involved in your community.



## How do I access the service?

It's simple; you can talk to your GP or a member of staff at your GP surgery and ask to be referred to the Social Prescribing Link Worker. They will book you an appointment at your GP surgery. For more information speak to your GP practice.

You can also check our Instagram page:



[@Brent Social Prescribing](https://www.instagram.com/Brent_Social_Prescribing)



## Social Prescribing

For better Health & Wellbeing

Did you know?

Your Doctor isn't the only person who can help you feel better. You can improve your health and wellbeing through social prescribing.



Our Social Prescribing Link Workers (SPLWs) are here to direct you to the right support services in the community.

## What is Social Prescribing?

Social Prescribing is a way of referring people to different support services in the community in order to improve their health and wellbeing.

We know that taking care of your health involves more than just medicine. We know that being active, engaging with others, learning something new and getting involved in the world around you will improve your mental health and wellbeing.

**Take the first step and ask your GP practice for a referral to the Social Prescribing Link Worker!**



## What does this involve?

Once you have been booked in to see the SPLW they will spend time with you exploring what activities, services and/or local support could improve your health & wellbeing.

### The SPLW is someone who:

- You can talk to confidentially.
- Is practical, helpful and someone who will not judge you.
- Helps you access services you need.
- Discusses the problems you are facing.
- Explores what is important for you.
- Agrees your goals and supports you.

## What support can I get?

**Our SPLW help you with a range of issues, including:**

- ✓ Information and advice in different areas including housing and benefits.
- ✓ Employment, training and volunteering.
- ✓ Education and learning.
- ✓ Social isolation and Loneliness.
- ✓ Accessing specialist services & support.
- ✓ Getting involved in local groups & activities
- ✓ Loss of confidence/purpose
- ✓ Emotional wellbeing
- ✓ Life changing events such as birth, retirement, bereavement.