**SOCIAL PRESCRIBING SERVICE**

**Did you know that you can improve your health through social prescription?**

**Social prescription will link you to non-medical support and there is good evidence that this can lead to positive health and wellbeing outcomes.**

You can be referred by any of the health care staff at the surgery to a social prescriber.

The social prescribers will be able to give you more time to focus on what matters to you.

They can connect you to community groups and agencies for practical and emotional support; helping you to access local clubs, activities, education, leisure facilities, recovery projects, voluntary organisations and more.

Becoming connected and engaged in your local community can help you feel supported and can help you feel better.

If you feel that this service would be of benefit to you, please mention this at your next appointment.

Your local social prescriber is Emma Welch.