

How do I access the service?

It's simple...
You can talk to your GP, health care professional or receptionist and one of our social prescribers will contact you to make an appointment over the telephone, within the local community or a home visit.

We can help you identify areas in your life where local activities and support could help you feel better, more confident or more able to manage your current situation and health.

Get in touch today!

Rural Alliance Social Prescribing team

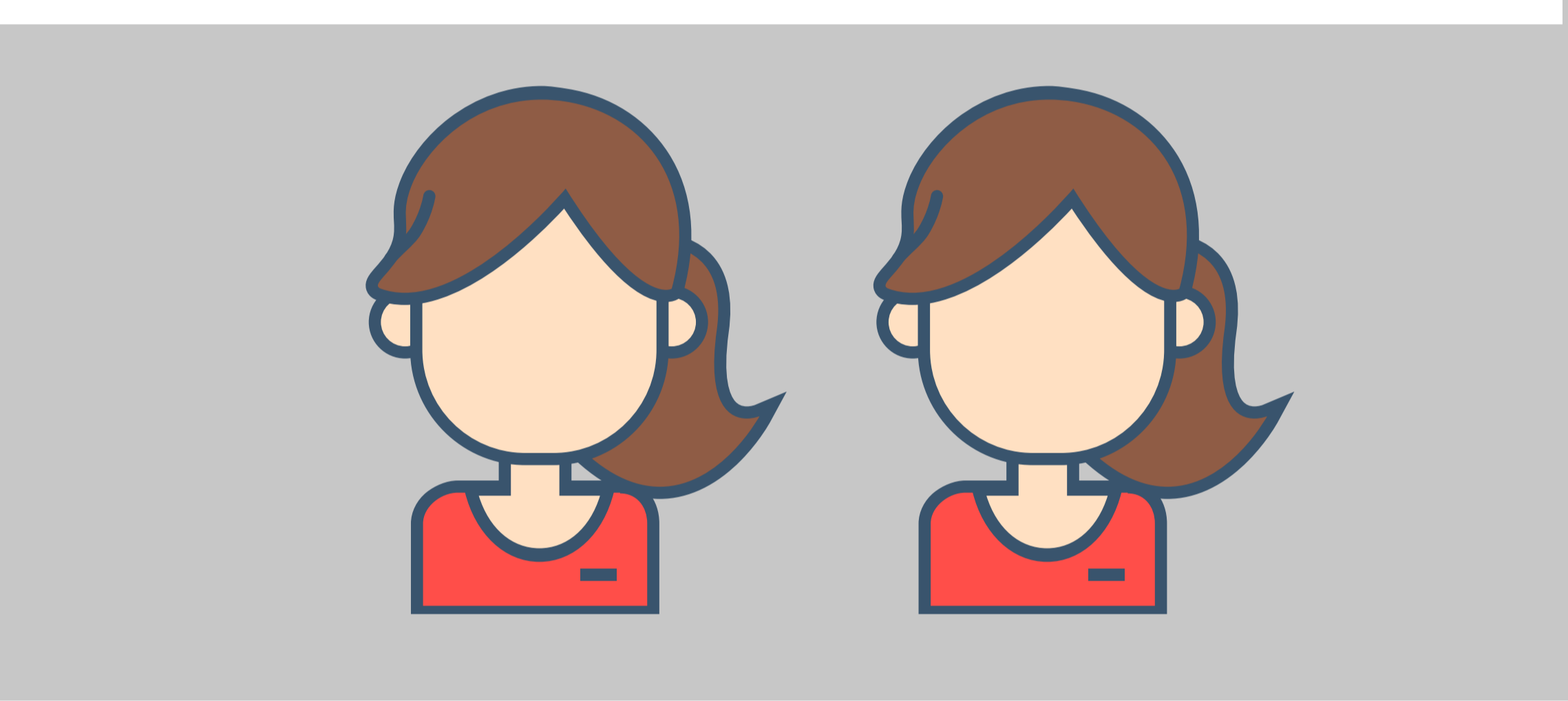
Social Prescribing Link Workers
Claire & Lindsay



Wellbeing Coordinators
Willow & Amanda



Brightlife
Donna & Julie



Together we will:

1. Discuss the problems you are facing
2. Explore what is important to you
3. Agree your goals
4. Find local activities and services
5. Help you access them

How can Social Prescribing help me?

We can help you access services in the community that can help you with:

- » Support to make positive changes in your life
- » People to talk to about how you are feeling
- » Help with housing, benefits and financial problems
- » Becoming more involved within the community
- » Becoming more physically active

What Services or Activities could I access?

We will help you find the activities and services that suit you best. Popular examples include:

- | | |
|-------------------------------|-----------------------|
| Walking, tennis or dancing | Debt advice |
| Computing or internet classes | Welfare advice |
| Cooking and baking | Mental health support |
| Social groups | Bereavement support |
| Arts and Crafts | Counselling |
| Volunteering | |
| Peer Support groups | |
| New parent groups | |

We are here to help you!

» Contact your GP practice for more info and to be referred «



Your Social Prescriber is:

- Someone to talk to confidentially
- Someone who is practical, helpful and who will not judge you
- Someone who can help you decide what you'd like to do to improve your health, wellbeing and independence
- Someone who can find you activities that will suit you
- Someone who can give you support along the way



Social Prescribing



Did you know?

Your doctor isn't the only person who can make you feel better...



Improving your health can take time and support

Social Prescribers are here to help you feel better and support along the way

- Lots of things in everyday life can affect your health and can often get in the way of making the changes you want to make
- Whatever worries or questions you have, we are here to listen, and help you get the support and advice you need.
- We can help you access activities, support and services that can improve your health and enjoyment of life.

How can it improve my health?

Some of the health benefits include:

- » Lower anxiety and stress
- » More motivation and energy
- » Increased confidence and self-esteem
- » Improved mood
- » Reduced loneliness and isolation
- » Feel happier and healthier