

## Why work with a social prescriber?

Social Prescribers, also known as Link Workers, can support you to make changes by:

- Helping you to identify goals to improve your health and wellbeing
- Connecting you to appropriate services
- Helping break down barriers e.g. transport, paperwork, location, practical issues
- Attending services or groups with you for the first time if you're nervous to do so

**We can't offer permanent support, but you can re-refer yourself in the future after you are discharged if needed.**



Even just knowing there are things I can get involved with and someone there to support me to do this has given me a zest for life again and I'm excited for the first time in years. I feel like I was drowning and you came along and saved me.

- Social Prescribing Patient



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**yorkcvs**

## What is Social Prescribing?

Many things affect your health and wellbeing. GPs tell us that a lot of people visit them feeling isolated or lonely. Or they might be stressed out by work, money and housing problems. Sometimes it's the stress of managing different long-term conditions.

Social prescribing can support you to take greater control over your health and wellbeing.



## How can it help me?

Our team of Link Workers can work with you to identify the non-medical factors that are affecting your health and wellbeing.

You will be paired with a Link Worker who will work with you. This might be for one session to explain what's available for you, or it might be multiple sessions over a longer period.

Your link worker will talk with you about your situation and what is important to you. They will suggest things that might help, but they won't tell you what to do. Any plan will be made with your agreement.

## What kinds of support are available?

Your Link Worker might introduce you to a local community group, or a new activity or a local club. They might help you find legal advice or support you to access debt counselling.

They may be able to introduce you to services that can help you with difficulties in your day to day life. They might help you find information and guidance by providing you with the details of local resources.



## How do I access the service?

You can self-refer for social prescribing by calling the number below and leaving a message. Please leave your name and the name of your GP surgery and we will get in contact with you. Alternatively, you can speak to anyone at your GP surgery and ask to be referred to a Social Prescriber.

If you've already been allocated a Link Worker, you can also contact them by leaving a message on the number below.

### Contact us:

 **01904 437911**

 **[www.yorkcvs.org.uk/  
social-prescribing-in-york/](http://www.yorkcvs.org.uk/social-prescribing-in-york/)**

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