

To get the most out of Social Prescribing you will:

- Be willing to engage with services we link you with
- Be willing to commit to regular appointments with your link worker
- Work respectfully and honestly with your link worker
- Be open to the idea of setting manageable goals and working towards achieving them

How can I refer?
You can be referred directly by someone from your GP practice, or you can call our office to check if we work with your GP surgery and make a self referral by phone on
01752 203 673

In turn your Social Prescribing Link Worker will:

- Be honest and respectful.
- Give you space to speak and try to understand your unique situations.
- Work with you to explore what's important
- Support you in setting realistic and sustainable goals for now and into the future.
- Help you to identify your strengths
- Work with you to identify and navigate barriers or life challenges
- Encourage you to acknowledge your successes and achievements



After referral, a member of our team will contact you to arrange an assessment appointment. The appointment can last up to an hour.

You will have up to 8 appointments with your Social Prescribing Link Worker where you will work towards your goals, reviewing your progress and achievements along the way. We will be alongside you as you start on your journey to a healthier, happier you.

In order for you to have the greatest outcomes it is important that you are able to regularly meet with your Social Prescribing Link Worker and so if you do not attend more than 1 appointment, your referral will be closed.



Social Prescribing Link Workers:

We will listen to you and share our knowledge and connections to local services and organisations that can offer specialised support



What is Social Prescribing?

Social Prescribing Link Workers empower individuals to address social and lifestyle factors impacting health, connecting them with community resources to promote self-care and resilience. Through person-centered support, they help manage health conditions, reducing clinical care reliance and enhancing health outcomes.

Best service I've dealt with for a long time. I feel I've really gained and moved ahead since being involved with the service. D really knows her stuff and I'm very grateful for all of her hard work.



Who is Social Prescribing for?

- anyone over the age of 18
- anyone who would like non medical support to improve their physical and/or mental health and wellbeing
- anyone who is able to engage with a Link Worker and make decisions about the next steps they would like to take

Healthy Futures can work with people to improve their health and wellbeing but is not suitable for those in mental health crises or with an unmet clinical need.

I've really appreciated N's input and suggestions on ways to manage and handled some enquiries for me entirely, which took the pressure off me and so was very welcome. To see that issues were being dealt with was extremely satisfying.

F spoke to me on a regular basis and enabled me to remain quite positive during an uncertain and difficult time in my life. I often relied on our conversations to help me 'see the light' when I was feeling lost and hopeless.

The Support We Offer

At your first appointment we will discuss what matters to you and co-create a plan to support you to reach your goals.

Your Link Worker will listen to you and share their knowledge and connections to local services and organisations that can offer specialised support including:

- Benefit support and debt advice
- Arts and creative activities
- Healthy lifestyle and health promotion
- Education, training and learning
- Befriending
- Counselling and talking therapies
- Support groups and networks
- Social and peer activities
- Employment and volunteering
- Housing

