

Hi! I'm Paul, your Social Prescribing Link Worker (Community Navigator)

I am linked to your GP surgery and can support you with health and wellbeing, leisure activities, social networks, housing, education and training, debt and finance support, volunteering and employment.



Are you worried or struggling with your health and wellbeing?

Together we can:

- Explore and identify what is important to your health and wellbeing and the issues you want to address
- Identify and connect you to the activities, services and groups you can benefit from in your local community
- Support and provide encouragement to start using the services that can help you

This can help you to:

- ✓ Improve your mental and physical health
- ✓ Increase your self-confidence and self esteem
- ✓ Learn a new skill or participate in a new activity
- ✓ Get involved in your community
- ✓ Meet new people

To make a referral, please speak to your GP surgery's Reception team, or contact me by phone on 07458 146996 or email social.prescribing@nhs.net

