

What is Social Prescribing?

Social Prescribing takes a holistic approach to a patient's health and wellbeing, looks at what matters to them, and attempts to help them help themselves towards better physical and mental health

We can help patients to:



Refer any patients affected by:

- Social isolation / anxiety
- Management of long-term conditions
- Changes to employment
- Changes to finances
- Changes to / concerns with family relationships
- Poor housing conditions
- Low levels of activity / poor diet

