

Social Prescribing for Better Health and Wellbeing within Carlisle

Social Prescribing helps you to explore additional services through your GP Surgery that can support you to improve your health, wellbeing and independence.

Social Prescribing Link workers are able to:

- 1.** Explore what is important for your life and wellbeing
- 2.** Identify the local activities and services you can benefit from
- 3.** Gain support and encouragement to start using services that can help you.
- 4.** Provide non clinical help to support you to manage long term health conditions

A Social Prescribing Link Worker 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 can support you and link you with many services in your Community to help. These may include:

- Healthy lifestyles and active lives including managing long term health conditions
- Arts, music, outdoors and creativity
- Befriending, counselling and other support groups (currently on line)
- Housing, benefits and financial support and advice
- Employment, training and volunteering
- Education and learning
- Getting involved in local groups and activities
- Support to help reduce isolation, loneliness, low mood, stress and anxiety.

Social Prescribing can be accessed by contacting your GP surgery and ask to be put in contact with your Social Prescribing Team. A Member of the Team will contact you within 3 working days of your enquiry.

Please note all support is provided following latest Government Covid 19 Advice.