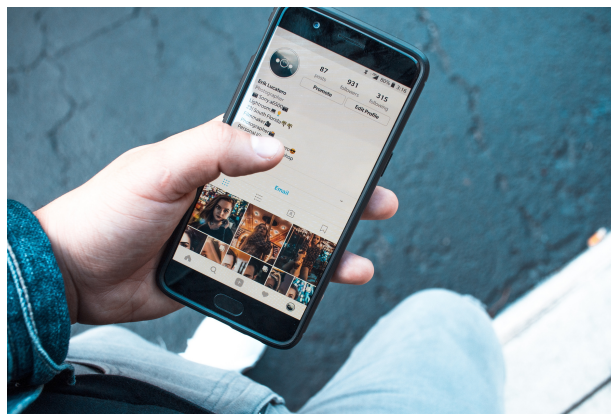




How do I get involved?

A referral can be made by a GP on behalf of young people who are aged 13-17 years old, registered with a Wolverhampton GP



☎ 01902 328987

✉ SPinfo@wolverhamptonvsc.org.uk

🌐 www.wolverhamptonvsc.org.uk/social-prescribing

🐦 @WVSocialPres

📍 16 Temple Street
Wolverhampton
WV2 4AN

Available in other languages
Interpreters provided

A service by 
Wolverhampton Voluntary Sector Council



WV Social Prescribing



A new route to wellbeing

What is Social Prescribing?

It is a non-medical approach to improving your health and wellbeing. It can help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

Who is it for?

- Young People who may feel isolated & want support to meet other people
- Young People who may feel low or a bit anxious and might feel better joining a social group
- Young People who may have a long term chronic health condition which would be helped through community activities
- Young People who may need help to find support or advice with practical issues such as money or housing
- Young People who may want help and support with their wellbeing and education.

How does it work?

Social prescribing is not designed to replace medical support, but getting involved with local groups & activities can help you get better and feel better faster than medicine alone.

Your Link Worker might introduce you to a community group, a new activity or a local club. They may help you to meet new people or, they might help you find information or access advice about a particular issue.



We link young people into things like:

Friendship groups, sporting groups, arts & crafts, community youth provision, access to advice about health and wellbeing, training & education or information about managing your health.

In Summary...

Once we get the referral a Link Worker will contact you within a few days. They will arrange to meet you at a place where you feel most comfortable (such as GP surgery, school or your home).

Your Link Worker is there to listen to you, and put you in touch with people and activities that might help you to feel better.

Together you will agree a plan to access the groups and services you have chosen which may include them coming with you for the first time.

We will contact you to check that the plan we have put in place is working for you or if you need anything else.