

What people say...

"I told my GP I felt lonely and Social Prescribing helped me meet new people at a friendship group, I go every week."

"I was struggling with money and they helped me get the right advice."

"I wanted to do more for myself so my Link Worker helped me to find information about transport and aids for my home."

"I wanted to get back to work so they helped me find out about volunteering as the first step"

Can I change my mind?

Social Prescribing is completely voluntary. If at any time you decide that the service is not for you then just let us know.

Contact Us

☎ 01902 328987

✉ SPinfo@wolverhamptonvsc.org.uk

🌐 [www.wolverhamptonvsc.org.uk/
social-prescribing](http://www.wolverhamptonvsc.org.uk/social-prescribing)

🐦 @WVSocialPres

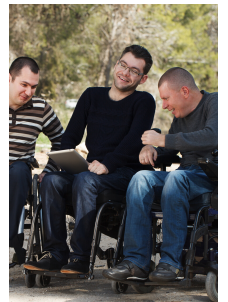
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Available in other languages.
Interpreters provided.

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?

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

If the answer to any of these questions is yes then the Social Prescribing service might be able to help. This leaflet will tell you about the service and how to access it.

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. Or they might help you find information or access advice about a particular issue.

We link people into things like:

Friendship groups, walking groups, arts & crafts, community gardening, access to advice about housing or debt, training & volunteering or information about managing your health.

How do I get involved?

You may have been given this leaflet because you have already been referred. If not, you need to ask your GP (or another worker who knows you) to refer you to the service. Why not show them this leaflet?

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 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.