



## What is Social Prescribing?

Many things can affect your health and wellbeing such as;

- Finances
- Mood
- Employment
- Loneliness
- Housing
- Lifestyle



## How to contact us?

Our Social Prescribing team is based **here** in the Emergency Department at the **Queens Medical Centre**.

If you think you would benefit from our support, please speak to one of the SPLWs in orange or ask your treating Dr/Nurse to **contact us today!**

# Social Prescribing



*Supporting you, here for you,  
enabling you to manage your  
wellbeing, connecting you with  
your community*



## Working in partnership

## How does it work?

A Social Prescribing Link Worker will have a conversation with you about what matters most to you and offer support on how they can help you to help make improvements to your health and wellbeing.

It could be:

- accessing debt, housing, or employment support
- learning a new skill or trying a new hobby
- reconnecting with something you used to enjoy or
- providing you with information etc.



## Look out for the team...

