

# Why work with a Social Prescriber?

Primary Care Link Workers (Social Prescribers) can help you by:

- ✓ Working with you to set goals to improve your health and wellbeing.
- ✓ Connecting you to the right services.
- ✓ Helping you overcome barriers like transport, paperwork, or other practical issues.
- ✓ Attending services or groups with you for the first time if you're feeling nervous.

We can't offer ongoing support, but you can refer yourself again in the future if needed. You must be over 18 years old to access the service.



## How do I access the service?

You can refer yourself by calling 01904 437911. Leave your name and the name of your GP surgery, and someone from our team will call you back.

You can also ask anyone at your GP surgery to refer you to a Social Prescriber.

If you already have a Primary Care Link Worker, you can contact them using the same number.

 **01904 437911**

Find out more at  
[www.yorkcvs.org.uk/  
social-prescribing-in-york](http://www.yorkcvs.org.uk/social-prescribing-in-york)

If you require this leaflet in an alternative format please  
[email comms@yorkcvs.org.uk](mailto:comms@yorkcvs.org.uk)  
or call 01904 621 133

Let's discover...

# What is Social Prescribing?



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Social Prescribing is a way of supporting you to take control of your health and wellbeing.

Social Prescribing uses a person-centred approach to help with any practical, social and emotional needs. These factors can have a big impact on your health and wellbeing.

Managing these things can be very stressful. Getting the right support and connecting with services, peers and the community is something that a social prescriber can help with.

## How can it help me?



Our Primary Care Link Workers (Social Prescribers) can help you find and address non-medical issues that may be affecting your health and wellbeing.

You will be matched with a Primary Care Link Worker who will support you. This could be a single session to explain your options or several sessions over time.

Your Primary Care Link Worker will listen to you and understand your situation and needs. They will offer suggestions, but the final decision is yours and any plan will be made with your input.

## What support can you get?

Your Primary Care Link Worker might connect you with a local community group, activity, or club. They could help you find legal advice or support with debt counselling.

They can also link you to services that can assist with everyday challenges and provide information about local resources.

