

# Hi! I'm Rachel, your Social Prescribing Link Worker (Community Navigator)



I am linked to your GP surgery and can support you with health and wellbeing, leisure activities, social networks, housing, education and training, debt and finance support, volunteering and employment.

## Are you worried or struggling with your health and wellbeing?

### Together we can:

- Explore and identify what is important to your health and wellbeing and the issues you want to address
- Identify and connect you to the activities, services and groups you can benefit from in your local community
- Support and provide encouragement to start using the services that can help you

### This can help you to:

- ✓ Improve your mental and physical health
- ✓ Increase your self-confidence and self esteem
- ✓ Learn a new skill or participate in a new activity
- ✓ Get involved in your community
- ✓ Meet new people

To make a referral, please speak to your GP surgery's Reception team, or contact me by phone on 07458 106482 or email [social.prescribing@nhs.net](mailto:social.prescribing@nhs.net)

