

# Social Prescribing



**Primary Care  
Link Workers**  
Social Prescribing in York

yorkcvs

**An Easy Read Summary.**

**By York People First for York CVS.**



# What is Social Prescribing?



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



Social Prescribing helps with things like, **isolation, loneliness, inequality and discrimination** as they can have a big impact on your health and wellbeing.



Managing these things can be very stressful. **Getting the right support** and connecting with friends, peers and the community can be helpful.

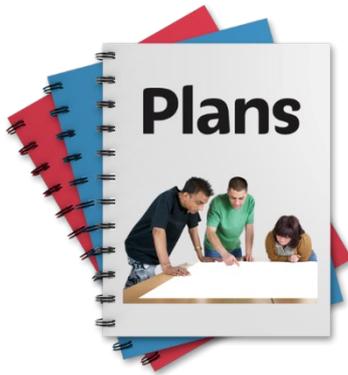
# How it works.



A social prescriber **works with, and for you** to explore the things that are affecting your health and wellbeing.



This might be about understanding **what support is out there** and available to you.



A social prescriber can help you make a plan about the things that are important to you, **your likes and interests, where you want to go**, what you need and what work for you.



This might be about things to **do in the community**, or getting the support you need to be able to get out and about.

## What can Social Prescribing do for me?



It can help you **make a plan**  
- that is specific to you and your  
**needs, wants and hopes** for the  
future.



**Connect you** to services, support  
and the community  
– getting you the help you need,  
and **supporting you** to get to a  
group for the first time.

## How to get in touch.



You can ask to meet up with a  
Social Prescriber by **calling**  
**01904 437911** and leaving a  
message.



Or ask your **GP**, or someone at  
the surgery to help you get in  
touch with us.



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