



**LIFELINK**  
Linking Lives Together



## Personalised Care

# WHAT IS SOCIAL PRESCRIBING?

Many things affect your health and wellbeing. GPs tell us that a lot of people visit them feeling isolated or lonely. Or they might be stressed out by work, money and housing problems. Sometimes it's the stress of managing different long-term conditions.

That's where social prescribing comes in. It starts with a conversation. It might be the conversation you've just had with your doctor, another health professional, a support worker, a friend or a voluntary organisation. They will refer you to a social prescribing link worker or you can refer yourself.

The link worker is there to listen to you and put you in touch with the people and activities that might help you to feel better.



Your link worker might introduce you to a community group, a new activity or a local club. Or they might help you find benefits advice, legal advice or debt counselling. They might just help you find information and guidance: a bit of inside knowledge on your situation or what local resources there are.

They could even support you to create something new such as a gardening club, a walking group, a coffee morning or knit and natter group.

Social prescribing 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.

Studies show that people get better and feel better faster than those treated with medicine alone. And because it works, it's happening more and more - including here in this area.

**LifeLink is your local social prescribing service, serving West Suffolk.** If you or someone you know would like some support, please get in touch for a friendly chat.

- Please visit our website - [Social Prescribing - NHS West Suffolk Clinical Commissioning Group \(westsuffolkcccg.nhs.uk\)](https://www.westsuffolkcccg.nhs.uk)
- You can refer into the service using [the form for clinicians and other healthcare organisations](#).
- For any queries regarding the service, you can contact the team on: **07971 594709** or email [sneeicb-ws.socialprescribing@nhs.net](mailto:sneeicb-ws.socialprescribing@nhs.net)



**“I thought I was just nothing. Now I feel really good. Every morning I wake up with a smile. I think I’ve got a bright future as well.”**

**AS - on her experience of social prescribing**