**Introducing Social Prescribing**

Social prescribing is a service that helps people improve their health and wellbeing. We see a broad range of people with differing social and emotional needs, helping them access the right services and groups. Link Workers work closely with clients to help them set goals and then offer a range of options for groups and services that can support them. Link Workers go beyond simple signposting by facilitating referrals that encourage clients to try something new and access the right support. They can make appointments, help fill in forms and offer detailed information to support the clients’ needs.

Mary Finlay is your Social Prescribing Link Worker, and their contact details are 01273 229386 / 07823 412109 you can ask any of the staff at the, Wish Park Surgery to refer you for Social Prescribing, or you can refer yourself using this form online here: <https://togetherco.org.uk/what-we-do/social-prescribing>

