



Appointments take place either on the telephone or at the following GP Surgeries:

- Grange Park Surgery
- Ilkley Moor Medical Group
- Ilkley and Wharfedale Medical Practice
- Addingham Medical Centre
- Townhead Group Surgeries
- Dyneley House Surgery
- Ling House Medical Centre

For more information about the Social Prescribing Service, please contact your GP Practice.

To Self Refer visit : [www.wacalliance.co.uk](http://www.wacalliance.co.uk)

**Studies show that Patients with Social Prescriptions get better and feel better faster than those treated with medicine alone.**





Many things affect your health and wellbeing. GPs tell us that a lot of people visit them feeling isolated, lonely or stressed by work, money and housing problems. There are lots of ways you might be part of social prescribing. It often starts with a conversation with a Social Prescriber.

They are there to listen to you, and put you in touch with the people and activities that might help you to feel better.

That might mean being introduced to a community group, a new activity or a local club. You may also be given self management advice for your condition or information on where to access specialist support within your community.

Social Prescribing focuses on the 5 ways to Well-being model:

- 1) Be Active
- 2) Connect
- 3) Give Back
- 4) Be Mindful
- 5) Keep Learning

