## **Social prescribing**



People's health can be connected to a lot of different things.

This means the right help is not always medicines and treatments.



In **social prescribing** people get help to be healthy and happy through more things than just medicines and treatments.

**Link workers** work with people to find activities that might help them feel healthy and happy.

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## Examples of what social prescribing can include





These are just examples. Social prescribing is about what will work for each person as an individual.

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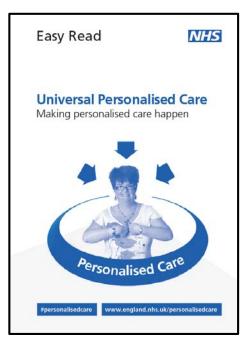




Social prescribing helps people have more control over their own health.



People should always be able to choose what treatment or activity is right for them.



Social prescribing is part of universal personalised care. You can find out more in this easy read document: <u>https://tinyurl.com/</u> <u>UPCeasyreaddoc</u>

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