



# WHAT IS SOCIAL PRESCRIBING?

**MANY THINGS AFFECT YOUR HEALTH AND WELLBEING; GP'S 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.**



Your local contact is Katy Travis  
Social Prescribing Link worker  
Tel: 07444142359  
Stocksbridge & Upper Don  
Covering the areas of  
Stocksbridge, Deepcar,  
Wharnccliffe Side & Oughtibridge

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 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.

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.