Social Prescribing Link Workers

Social prescribing involves helping people to improve their health and wellbeing by connecting them to activities in the community. Link Workers connect those feeling lonely, overwhelmed or in need of help to a range of local support, from community and activity groups to work, debt or housing advice.

They can help with:

» Getting people to focus on their own priorities and the things that affect their wellbeing

» Supporting people to take more control of their health

 Introducing people to groups and activities in their community

Helena Ali, Link Worker