



Primary Care
Cheshire



Many of life's problems can make you feel unwell.

Social prescribing helps you explore extra services that may support you to improve your health and sense of wellbeing.

Social prescribing enables a GP, nurse or other healthcare professional to refer you to a Wellbeing Coordinator based in your practice to talk about the issues you're facing and find the right services to support you.

The service helps you improve your health and wellbeing and to make positive life changes.

The next steps

Just ask someone at your GP Practice to make a referral. It is quick and easy.

The Wellbeing Coordinator can support you with the following;

Housing, benefits, and financial advice

Employment, training and volunteering

Education and learning

Healthy lifestyle advice and physical activity

Arts, gardening, creative activities

Befriending, counselling and groups