



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**

**Employment, training
and volunteering**

Education and learning

**Healthy lifestyle advice
and physical activity**

**Arts, gardening,
creative activities**

**Befriending, counselling
and groups**