

GREATER PRESTON NETWORK



**If you would like support
from our Social
Prescribing and Health
Coaching Team...**

**Ask a member of staff
for a referral.**

SOCIAL PRESCRIBING FOR HEALTH & WELLBEING

Scan the QR code to find out more...



- The Park Medical Practice
- Lane Ends Surgery
- Penwortham St Mary's Health Centre
- Briarwood Medical Centre
- North Preston Medical Practice
- The New Hall Lane Practice
- Kingsfold Medical Centre
- Dr Ali's Surgery
- Dr Yerra's Surgery

**Your GP, clinical staff or reception
staff can make a referral
(Must be 18+)**

*I didn't know there
was so many
services out there!
Thank you.*

*Brilliant! I have
got my life
back!*

**See inside for the GP
Surgeries within Greater
Preston Network!**

**LET'S TALK ABOUT
WHAT MATTERS TO
YOU.**

Social Prescribing Link Workers

provide support and information on a wide range of issues that can impact health and wellbeing, including:



Support groups



Healthy lifestyle



Housing issues



Volunteering



Caring for relatives



Employment



Local activities



Stress



Loneliness



Living with health conditions



Alcohol and drugs



Money worries

Your link worker is here to support you. They might suggest a local group, activity or club you could join, or help you access services like legal advice or support with money worries.

Sometimes, they're simply there to guide you to the right information.

Social Prescribing is about helping you to take

Social Prescribing can help us with things that can't be fixed by doctors and medicine alone.

We help with a wide range of issues that may be worrying you.

We will listen to your concerns and support you to find a solution.

Speak to your GP surgery today