

Alternative Solutions Social Prescribing Service

Alternative Solutions

Your GP has referred you in to our Alternative Solutions Social Prescribing Service.

Social Prescribing enables health professionals such as your GP to connect their patients to non medical local community services, with the aim to help patients improve their health and wellbeing.

For example if relationships, diet, work, finances, housing, stress, anxiety and loneliness etc are having an impact on your health, your GP may feel that connecting you with the most appropriate local support services, will help to tackle the issues you are faced with and alleviate some of the pressures that are making you feel unwell.



Now you have been referred by your GP into our Alternative Solutions service, an appointment will be made with your Link Worker who will work with you to create a tailor made plan of action to help you get back on track!

Should you be unable to make your appointment or would like to know more about the service and what it involves, please do not hesitate to speak to your Link Worker who can be found within your GP practice.