

Your Link Worker is  
there to listen to you  
and put you in touch  
with the people and  
activities that might  
help you to feel better.

Provided by Curo and  
Gordano Valley Primary  
Care Network



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Want to improve  
your physical  
and mental  
wellbeing?

Gordano Valley  
Social Prescribing  
Service



# Gordano Valley Social Prescribing Service

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## What is Social Prescribing?

A social prescription offers the kind of help that doesn't come in a tube or a bottle. The idea behind social prescribing is to help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

## Why do we offer Social Prescribing?

Many things affect your health and wellbeing. A lot of people visit their Surgery feeling isolated, lonely or stressed. Studies show that patients with social prescriptions get better and feel better faster than those treated with medicine alone.

## How does it work?

Social prescribing often starts with a conversation between you and someone at the Surgery who can refer you to someone who can help – your local Link Worker. Your Link Worker is there to listen to you and put you in touch with the people and activities that might help you to feel better. They will work with you to understand what matters to you to improve your physical and mental wellbeing, for example:

- Befriending, counselling and other support groups
- Arts, gardening, creative activities and outdoors
- Advice and guidance
- Healthy lifestyle advice and physical activity
- Meeting people / local groups and activities
- Accessing specialist services and support

It could even be some support to create something new such as a fishing group or gardening club.

## What happens next?

Once you have been referred to your local social prescribing service, your Link Worker will get in touch with you within a couple of working days for a friendly chat. They'll take the time to listen to you. They'll ask you what you need and want to happen. They can also make lots of helpful suggestions so don't worry if you're not sure what to say. They will then put together an action plan together with you to help you feel better.

## Who can use this service?

This service is available to any adult registered at a Surgery in the Gordano Valley Primary Care Network generally covering Portishead, Clevedon and Pill.

## Who provides this service?

This social prescribing service is funded by the NHS through Gordano Valley Primary Care Network. It is provided by Curo who have already run similar services in North Somerset and South Gloucestershire.