

Alternative Solutions Social Prescribing Service

Alternative Solutions

You have been referred 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 into our Alternative Solutions service, a Link Worker will be in contact with you in the next few days to discuss any support needs based on discussions with your GP or other health professional

If you would like to learn more about the programme and support available, please speak with the reception team at your practice who will be able to put you in touch with a Link Worker who will be able to assist further.