

CONCEPT
EXPLAINER

WHAT IS

SOCIAL PRESCRIBING

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Social prescribing is an approach

01

that links or refers people to services in their neighbourhood which can support them with their health.



Health is influenced by a wide range of factors.

02

Third sector and community organisations provide support which can help people to manage their health. This can be by holding exercise classes, by helping people with stress about money, or by reducing loneliness and isolation with group activities.

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Social prescribing is about connecting people who are accessing healthcare services to this kind of support. Social prescribing approaches can have benefits for people's physical and mental health. There are many different models of social prescribing across the UK.



One example in Glasgow is the work of

04

Community Link Workers. They are based in GP surgeries and can refer GP patients to community services and organisations. The specific links made vary depending on the type of support that patients feel that they need, but can include legal or financial advice, physical activities, art projects or various types of learning or volunteering.

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**Thanks for
reading**

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