

SOCIAL

PRESCRIBING

A holistic service  
supporting you to  
be more independent  
and active in your  
community.

Taking care of your health involves more than just medicine.

**SOCIAL PRESCRIBING** can help you take control of your health and wellbeing and make positive lifestyle changes. Our link workers will meet with you and together we'll explore opportunities in your local community that might help you to feel better.

### This could include:

- finding social groups or activities
- learning new skills
- getting back to work or volunteering
- getting more active
- putting you in touch with specialist advice services.

### Your link worker is someone....

- to talk to in confidence
- who is practical, helpful and won't judge you
- who can help you decide what you'd like to do to feel healthier
- who can find you activities that suit you and support you to attend
- who can advise and support you to arrange appointments
- who can give you support along the way.

**ruils**

working together for **independent living**

To find out more:

[www.ruils.co.uk/services/social-prescribing](http://www.ruils.co.uk/services/social-prescribing)

Telephone: 020 8831 6083