

Your Link Worker

Nicola Hulse works alongside GP's and other staff in your Doctors Surgery.



connect

Discover ways to re-connect with your family, friends and community

notice

Take notice! Pay attention to yourself and what is around you.

be active

Simple ways to get moving in everyday life.

give

Do something kind to boost your happiness.

learn

Learning something new gives a strong feeling of achievement.

Which practices will she be working with?

Harley Street Medical Practice,
Harley Street, Stoke-on-Trent, ST1 3R

☎ 01782 212066

Potteries Medical Centre,
Beverley Drive, Stoke-on-Trent, ST2 0JG

☎ 01782 208755

Cambridge House Surgery,
124 Werrington Road, Bucknall,
Stoke-on-Trent, ST2 9AJ

☎ 01782 219075

Moorcroft Medical Centre,
10 Botteslow Street, Stoke-On-Trent, ST1 3NJ

☎ 01782 281806

Social Prescribing

Connecting you with your community




brighter futures
creative support, housing and employment



www.brighter-futures.org.uk

What is Social Prescribing?

Social Prescribing is a means of GP's and other Health Professionals to refer people into local, non-clinical services.

A Social Prescribing Link Worker is available to work with anyone over the age of 18 within the local community.

Your Link Worker

Is someone who will listen, support and explore 'what matters to you' and work with you to create a personal plan highlighting your needs.

Your Link Worker can provide support, information and signpost within the local community by linking in with voluntary, community sector organisations and other agencies.

They will help you to find support that works for you

Social Prescribing helps people

- To adjust their lifestyle, ie, weight loss/ stop smoking/more exercise ✓
- Look after themselves, when they're not eligible for social care ✓
- Manage their symptoms, ie, finding support groups. ✓
- Find work/volunteering support With money/finances ✓
- If they have issues with accommodation due to changing needs. ✓
- Gain new networks and friends ✓
- To feel positive about their lives ✓

It can help you to improve your overall wellbeing



To access social prescribing

For further information, speak to your GP who can complete a referral to the Social Prescribing Link Worker.

You will be contacted to arrange a convenient time and place to meet.

Brighter Futures

Brighter Futures is a leading provider in the Midlands of expert and professional help through its support services and accommodation for people living with multiple and complex needs.



01782 406000 (ask for Mark Lawton)



info@brighter-futures.org.uk



@BrighterFuturesNW



@BFNW


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