



WHAT IS #SOCIAL PRESCRIBING DAY?

Social Prescribing Day is an annual celebration of the people, organisations and communities who make social prescribing happen. Since 2019, thousands of local, national and international organisations, link workers, medical professionals, academics and students have taken part across the world.

Every year, we have joined together to hold events, share ideas and highlight the impact of social prescribing on people and communities. Together, we want to raise awareness of what social prescribing is, how it works, and how it changes lives.

Our Community Link Worker Service

Our Community Link Workers (formerly known as Social Prescribers) work out of GP practices and help individuals connect with local support and services, or community groups and activities.

Community Link Workers aim to empower people to take an active role in improving their wellbeing. They can provide support for social issues which affect a person like financial or housing difficulties, social isolation and loneliness, or anxiety and stress. Community Link Workers use a person-centred approach and talk about what really matters to the individual. They work with people to identify the challenges they are facing and support them to set goals and overcome barriers to allow them to take greater control of their physical and mental health.

This service is available to anyone aged 16 or over, registered with a GP practice in Angus.

Self-referrals can be made either by patients contacting their practice and asking for an appointment with the Link Worker or by contacting the Link Worker for their area directly.

You can find out more and contact a Community Link Worker [here](#).