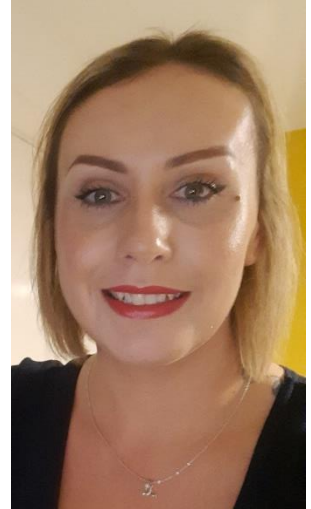




suttertonsurgery



South Lincolnshire Rural PCN **NHS**

Social Prescribing is now in your surgery!

Hi everyone, my name is Laura and I am your Social Prescribing Link Worker here in Sutterton Surgery.

I'm here to support people looking to

- Get out more
- Try something new
- Get involved in an activity in your community
- Meet new people

I am also able help support people dealing with

- Anxiety
- Social isolation and loneliness
- Making healthy lifestyle choices
- Low confidence and mood
- Big life events

I understand that looking after yourself means more than just focusing on your physical health. I'm here to chat to you about how you're feeling and what matters to you. I can support you to explore your options in your community to improve your wellbeing and help you plan those next steps.

Please speak with a member of the team here at Sutterton Surgery for a referral.



