

**Social
Prescribing
And
Community
rEsources for
Children and
Young
People**

Social prescribing for children,
young people and their families

What is social prescribing?

Social prescribing links people to support in their community. It aims to help people to boost their health and wellbeing.

Health and wellbeing can be affected by many things.

Link workers help people with what matters to them personally. They assist people to access practical and emotional support.

Will it help us?

The link worker can work with any member of your family to help support them with their wellbeing.

Research has shown that social prescribing can help people with non-medical issues that are affecting their wellbeing.

What does this mean for us?

The link worker will arrange an initial meeting to introduce themselves and the service to you.

At the following meetings, your link worker will take time with you and your family to understand what matters to you.

Together, you will create a shared plan with goals aimed at improving your wellbeing.

The link worker will assist you to access support in the community, to help you to achieve your goals.

This free service is funded by Ways to Wellness and the Great North Children's Hospital Foundation.

We are still learning about how social prescribing can best support children and young people, and their families.

You could help us to understand if this service is useful and how we can best support families in future by becoming involved with our social prescribing research project. You do not have to join this research project if you would prefer not to.

What can a link worker support us with?

They can help you in a wide variety of ways, including:

- Getting involved in community groups and activities
- Accessing emotional and practical support
- Arranging assistance with school/ education
- Signposting to advice about benefits and grants

Where can I find out more?

To learn more about the project, please visit www.waystowellness.org.uk.



Who can I contact to find out more?

For more information please email spacepilot@waystowellness.org.uk.

You can learn more about our link workers and the project by visiting www.waystowellness.org.uk or scanning the QR code below:

