

# Are you worried about your health and wellbeing?



## Richmond Social Prescribing

We know taking care of your health involves more than just medicine. Social Prescribing empowers you to take control of your health and wellbeing.

Link Workers can meet with you to understand more about what you want to change. Together we can explore opportunities in the local community that can help you feel better. We aim to improve social, emotional and physical wellbeing.

The service is delivered in partnership with your local GP. There is a team of Link Workers based at GP practices across the borough.

### What we offer:

- ✓ Meet new people and be involved in the community
- ✓ Improve your mental and physical health
- ✓ Increase your confidence and self-esteem

### Get in Touch:

**Social Prescribing Team**  
socialprescribing@ruils.co.uk  
020 8831 6083  
www.ruils.co.uk

# EMMA & ESTHER

**"Social Prescribing helped me to find connection with others, a sense of belonging, a purpose, a place. I never thought I could do the things I have, never thought I was brave, but all of that has changed thanks to Esther's help."**

**- Emma**




Emma was referred to the Social Prescribing service by her GP and began working with her Link Worker, Esther, to improve her social confidence and try new things. As a result of Esther's support, Emma has engaged in activities through the local community centre, attended an art group, tried a new sport and accessed employment support. Through these activities she has also connected with new people.

Social Prescribing is all about helping you to take control of your health and wellbeing by connecting you with activities, services and support in your local community. Think you would benefit from Social Prescribing? Talk to your GP for more information.

Ruils is a user-led charity supporting disabled children and adults and people with long term health & mental health conditions to live independently, be part of their community and to live life to the full. We provide information, advice, advocacy, befriending and activities to our clients and their families.

**ruils**  
independent living

 020 8831 6083

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 [www.ruils.co.uk](http://www.ruils.co.uk)