



Richmondshire  
Primary Care Network

# Social Prescribing Link Workers



## We can help you...

**Social Prescribing  
Link Workers can  
help you find  
support in your  
local community.**

**For more  
information  
please speak  
to your GP  
practice.**



**be more active**



**support your  
mental wellbeing**



**be healthier**



**be more socially  
connected**



**live well and more  
independently**



**with your  
finances**

**Heartbeat**  
Connecting health and care communities

