

Supporting you

to live well in the local community

Lonely, anxious or struggling with your mental health or a long-term condition?

Worried about finances or relationships?

Finding exercise or healthy eating a challenge?

To find out more about our Social Prescribing Link Worker service,
please contact your North Trafford GP Practice Team on: 0161 865 5556



We have the time to listen to your challenges, explore options together and help you work towards your goals.

We will complement any medical or other support you are receiving and plan how to take simple steps together.

This one to one conversation is confidential but the people who matter to you, such as family or carers, can be involved if you would like them to be.

We will support you every step of the way, connecting you to:

- the right advice and guidance
- other people and services
- local groups, organisations and activities such as cooking, art, gardening, sport or social activities.

"We all need more than medicine to feel healthy and well."



"I've got my confidence back and I'm part of the community."



"I feel happier and healthier now."



"I'm now enjoying full time employment and my finances are more secure."

