

Rural West PCN

Watership Down Health & Tadley Medical Partnership

SOCIAL PRESCRIBING: MYTHS vs FACTS

Myth	Fact
Social prescribing is just signposting	It provides personalised support from a Link Worker, helping people take practical steps to improve their well-being
Myth. It's only for older people	Fact: It supports people of all ages — from young adults to older people
Myth. It's only for mental health	Fact: It helps with loneliness, long-term conditions, financial stress, housing, lifestyle changes and more
Myth. It replaces medical treatment	Fact: It works alongside healthcare , supporting the wider factors that affect health
Myth. It won't make a real difference	Fact: It can boost confidence, reduce isolation, and improve overall wellbeing

Ask your GP practice about social prescribing
[#SocialPrescribingDay](#)



You and your team work so hard to provide care and support for the most vulnerable members of our communities. We are all grateful for who you are and for all that you do. The partnership we share in loving and serving our neighbourhoods together is very special and we look forward to growing and developing this good work in the coming year.
Oakley Wellbeing Forum

Thank you so much for everything you do to provide care and support for those in our communities in most need. It's hugely appreciated. The Overton Well-Being Forum has been a huge blessing and thank you so much, Tracey, for initiating that.
Overton Wellbeing Forum

Our wellbeing is closely tied to the strength of our relationships with others. Tracey and Steph play an invaluable role in helping people connect with the many social opportunities within the community. We so value partnering with them in building a healthier, happier community - one where everyone has the opportunity to feel known, loved, and valued, and to discover meaning, purpose, and hope. These connections are vital not only to our social wellbeing but also to our spiritual wellbeing.
Tadley Wellbeing Forum

Thank you, for all you do to support our local communities.
Pamber Heath & Silchester Wellbeing Forum