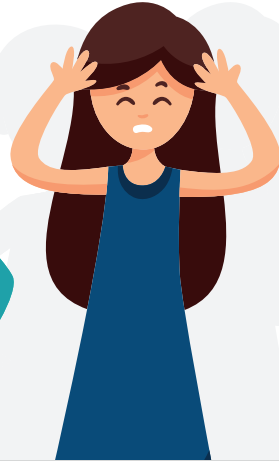


How do I meet  
new people?

Where do I  
go for money  
or housing  
advice?

Where do I  
access mental  
health support?



# Linking Leeds

**Linking Leeds is a free city-wide  
social prescribing service.**

We can link you with services and activities within your community to improve your social, economic and mental wellbeing. We can empower you to make a change in your own life.

# What is Linking Leeds?

Linking Leeds is a city wide social prescribing service for anyone aged 16+ and registered to a GP surgery in Leeds. Social prescribing is a way of linking you with services and activities within your community to improve your health and wellbeing. We tend to work with you for up to 12 weeks, this depends on what you need as some people just want information on what is available, while others need more help.

.....

## We can link you in with services to improve...



Housing Matters



Money Management Skills



Meaningful activities



Social activities



Emotional and mental wellbeing



Healthy lifestyle



## What we do

- ✓ Give you an opportunity to discuss what is important to you.
  - ✓ Link you with appropriate services within your community to support you to achieve your goals.
  - ✓ Provide you with your own wellbeing coordinator who will help you plan your next steps.
- 

## Your feedback

- “ Made me feel more confident about the things that I have been doing to keep myself well. I realise that I have done a lot, and I need to give myself credit for the things I have put in place. Thanks for helping me reflect. ”
- “ I didn't know services like this existed. ”
- “ I felt listened too and the coordinator had an empathetic approach. ”
- “ It is good to have somebody to turn too. ”
- “ Thank you for all your help, you let me talk and let things out. ”

# How to contact us

If you think you would benefit from this service or have any questions, you can introduce yourself to the social prescribing service by contacting us on:



0113 336 7612



[linking.leeds@nhs.net](mailto:linking.leeds@nhs.net)

The Reginald Centre, 263 Chapeltown Road, Leeds, LS7 3EX



[www.commlinks.co.uk/?service=linking-leeds](http://www.commlinks.co.uk/?service=linking-leeds)

Our website includes an introduction form for you to complete



**You can also gain an introduction via your GP**

You can gain an introduction via your GP surgery  
- ask your GP surgery for further information.

*If you have any queries or additional support needs please contact us.*



**Linking Leeds**

