



Social Prescribing connects you to better health

Social Prescribing connects you to a range of non-medical community services to improve your health.

When you visit your general practice, they will usually ask you about whether you are getting enough exercise, if you have any hobbies or whether there might be something happening in your life that may be impacting on your health. This is where Social Prescribing can help.

How does it work?

Your healthcare professional will use a software program called Kaleidoscope to support you to develop your social care plan that involves finding local community activities or supports such as walking, arts or parenting groups.

What if I have an existing healthcare plan?

Social Prescribing is voluntary and compliments your existing healthcare plan where your information is stored securely and kept confidential.

Does it cost anything?

Many community activities are free, but sometimes there may be a small cost involved. You can discuss costs and affordability with your healthcare professional or GP.

Is Social Prescribing for me?

The best way to work out if Social Prescribing is for you is to talk to your healthcare professional or general practitioner.

More information

For more information visit www.gphn.org.au or contact your General Practitioner.

General Practice details