

## **Building Bridges**



August 2023

Some important messages about making sure social prescribing works for people with learning disabilities and autistic people What people and their supporters can do



Think about what you really love to do or are interested in



Tell the link worker and community groups as much as you can about what matters to you and any support you need



**Be brave** to take new steps and try new things



**Try to get support** to go to things if needed – this might be from a family member, friend, volunteer or paid supporter

This work has been funded through the VCSE Health and Wellbeing Alliance, jointly managed and funded by Department of Health and Social Care, NHS England and UK Health Security Agency. For more information, please visit: <u>https://www.england.nhs.uk/hwalliance</u>



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Ask the link worker to keep things local



**Supporters - keep things consistent** so the person can make friends and connections in the place they go



Supporters can help by motivating the person and helping them feel brave if they get cold feet, trying new things can be scary

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