

## What is social prescribing?

We know that taking care of your health involves more than just medicine.

With social prescribing you can get specialist support for more than medical issues.

A social prescriber will help you have more control over your health and will focus on what matters to you. Our social prescriber can support you in accessing services that work for you and act as an advocate for you.

**Social Prescribing can help with things that can't be fixed by medicine alone**



## Our social prescriber can link you with many services in our community, these may include:

- Healthy lifestyles & active living including Stopping Smoking
- Arts, music, outdoor and/or creative classes
- Befriending, counselling and other support groups
- Housing, benefits & financial support & advice
- Employment, training & volunteering
- Education & learning
- Getting involved in local groups & activities
- Accessing specialist services & support that can help.

## Who is social prescribing for?

Social prescribing is available for any patient over the age of 18 who is looking for support in taking control of their health and wellbeing.

## How does it work?

A member of your GP practice team may suggest a referral to the social prescribing service. One of our social prescribers will contact you to discuss your interests and what matters to you.

They may invite you to come and see them at the GP practice or arrange to meet you elsewhere - this could be at your home or somewhere else in the community, it's up to you!

They will then work closely with you to identify local services and support that work for you.

## What are the benefits of social prescribing?

- Improve your mental and physical health
- Meet new people
- Learn a new skill or participate in a new activity
- Increase self-confidence and self esteem
- Better quality of life
- Get involved in your community

## Does it cost anything?

No – Our service is free.

Some external agencies may require a fee however our social prescriber will work to find alternatives if required.

## How do I access the service?

It's simple, you can talk to your GP or health care professional and ask them to refer you or fill in your details below and hand into the Reception at your local surgery.

**Name:**

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**NHS Number (if known):**

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**Contact Number:**

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### EXAMPLE:

Bill was his wife's full time carer and has been feeling depressed since she died. He would like to get out of the house and regain some purpose in his life.

The social prescriber has the time and the skills to listen and support Bill in identifying community services and activities that work for him. This might include a local walking group, a Men in Sheds group or local bereavement

# Social Prescribing

## How can guided personalised support help you?



### Did you know?

Your Social Prescriber can connect you with community activities to improve your health and wellbeing.