

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.

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.



Did you know?

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

How do I access the service?

It's simple, you can talk to your GP or any member of staff at your surgery and ask them to refer you.

Does it cost anything?

No, our service is free. Some external agencies may require a fee, however our Social Prescribers will work to find alternatives, if required.



How can Social Prescribing help you?



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 Prescribers can support you in accessing services that work for you and offer support for you to engage with them.

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



Our Social Prescribers can link you with many services in our community. These may include:

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

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 then contact you to discuss your interests and what matters to you.

They may invite you to come and see them 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 with you to identify local services and support that works for you.

