



# SOCIAL PRESCRIBING

There's another way to  
help you feel better



# What is Social Prescribing?

Social prescribing is a way of linking you to appropriate, non-clinical support in the community.

We know that many of life's problems can make us feel unwell. Improving your lifestyle or taking control of a practical problem can be very challenging and people often feel daunted at the prospect of change and don't always know where to start.

Social prescribing can help empower, and give you the confidence and support necessary to make and sustain a change.

There is a fantastic range of activities and organisations in the local community and social prescribing is all about linking people to these opportunities with the aim of improving their health and wellbeing.



# Who would benefit?

You could benefit from Social Prescribing if:

- You have a practical problem and you don't know how to deal with it (housing, money, welfare, access to food or prescriptions)
- You would like to meet new people or have a regular place to go each week for company
- You are feeling low, isolated, anxious, stressed or depressed
- You would like to make some changes to your lifestyle habits

## How does it work?

Someone at your GP practice - nurse, GP, Care Navigator for instance - will ask you if you would like to speak to your Link Worker.

With your consent, you will get an appointment - usually at the surgery but this could take place in your home or even over the phone - where you will be able to talk in confidence about what matters to you and what changes you'd like to make.

Together you will create a plan that will identify what support is available to you, how you can access it and what steps you need to take next. You'll get follow up appointments and support for as long as you both agree.

# What are people saying about Social Prescribing?

*I just want to say thanks to you, you caught me when I was in a real bad place, stuck in a rut. But now I have a more positive outlook and am coping much better. The beauty of it is, I can pass it on to my children and grandchildren*

*We talked about my life and you listened; you explored why I couldn't eat properly and I was feeling so low and then you got me a cooker and a washing machine. I can't thank you enough, your support has changed my life.*

*You introduced me to the Spider Project and now I go weekly. It has given me a sense of purpose that I didn't have before and I now have something to talk to people about!*

## Ask about Social Prescribing in your Surgery today