

WHAT IS SOCIAL PRESCRIBING?

Many things affect your health and wellbeing. A lot of people visit their GP feeling isolated or lonely. Or they might be stressed out by work, money and housing problems. Sometimes it's the stress of managing different long-term conditions.

That's where social prescribing comes in. It starts with a conversation. It might be the conversation you've just had with your doctor. Or with another person in the practice team. They will refer you to a social prescribing link worker. The social prescriber is there to listen to you, and put you in touch with the people and activities that might help you to feel better.

Covid19 restricted many of the usual community activities on offer, so it's more important than ever to stay in touch and find out what's happening locally and that's where our Social Prescribers step in.

Your social prescriber might just help you find information and guidance: a bit of inside knowledge on your situation or what local resources there are. They might put you in touch with others with similar interests or help you find local services, legal advice or debt counselling.

Social prescribing can help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

Studies show that people who are referred to Social Prescribers get better and feel better faster than those treated with medicine alone. And because it works, it's happening more and more – including here in this area.

Please ask any member of the team in the surgery if you would like to be referred.

