

GP Contact Numbers

- Appletree Medical Practice, 47A Town St, Duffield, Belper, DE56 4GG.
01332 842288
- Arthur Medical Centre, Main St, Horsley Woodhouse, Ilkeston, DE7 6AX.
01332 880249
- Riversdale Surgery, 59 Bridge St, Belper, DE56 1AY.
01773 822386
- Whitemoor Medical Centre, Whitemoor Lane, Belper, DE56 0JB.
01773 880099

Social Prescribing



What is Social Prescribing?

- Many things affect your health and wellbeing. GPs tell us that a lot of people visit them 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 causes anxiety, depression and feelings of isolation.
- 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.
- Social prescribing is a way of addressing people's non-medical needs in a holistic, person-centered way, by linking people with local activities, voluntary community groups and peer recovery support groups.

What types of services or support could the Social Prescriber link you with?

- Support groups (e.g. local mental health support groups, stroke support groups, etc.)
- Housing, benefits and financial support
- Befriending networks
- Opportunity & Change programmes
- Social and creative activities
- Training and Volunteering

What is person-centered care?

- Shared decision making
- Supporting people to recognise and develop their strengths and abilities
- Personalised care & support planning
- Affording people dignity, compassion & respect
- Supported self-care and management
- Enabling choice and independence



Patient referral routes

- You must be registered with one of the four Belper PCN GP practices. If you are registered with another GP practice, please contact them as all Derbyshire GP practices have a PCN social prescriber working with them
- Your GP or other clinical GP staff may refer you during a consultation, with your consent.
- To self-refer, you must contact your GP practice and ask for a referral to a social prescriber. The social prescriber will then contact you, usually via telephone to discuss the referral.
- Please note that social prescribers may not be able to work with everyone who is referred to them, as expertise health, mental health or social care intervention may be in the patient's best interests.