

WHAT IS SOCIAL PRESCRIBING?

Many things affect your health and wellbeing. When visiting the GP many people report a social issue . This might be feeling lonely or isolated, being stressed out about issues such as money, housing or work. Sometimes it is the stress of managing long-term health 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 the social prescribing team. 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.

The social prescriber might introduce you to a community group, a new activity or a local club. Or they might signpost you to advice or debt counselling. They might just help you find information and guidance: a bit of inside knowledge on your situation or what local resources there are.

The social prescriber can help with completing applications for health related benefits such as attendance allowance, personal independence payment or blue badge. They can also provide advice and guidance when a patient is in need of care and support at home , such as accessing mobility aids and care alarms.

They can signpost and refer for wellbeing services, support groups and befriending services and even provide information on local course and volunteering opportunities.

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 get better and feel better faster than those treated with medicine alone

Contact the surgery for more information or email maria.hughes11@nhs.net