

How can I find out more?

If you want more information about social prescribing and how it is being offered at your surgery, or if you would like to know more about what a 'social prescription' means for you please get in touch with the Coordinator based in your surgery.

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Social Prescribing

Better health, better communities

Improve your health and wellbeing through activities and services in your community



What is social prescribing?

Social prescribing is about giving you access to activities, social groups, services and advice based on your needs and interests.

The aim is to improve your sense of well being which in turn can often have a positive impact on your health.

It doesn't replace the medical role your GP plays but is an addition to the service they provide.

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"Talking to someone on a one-to-one basis has really helped me; it's given me the motivation to look at my life and the changes that I can make. It's given me that extra push, taking things one step at a time – I'm moving myself forward."
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How does it work?

Research shows that we can often improve our health and our sense of well being through taking part in activities or joining social groups.

If your GP thinks you might benefit from the social prescribing service they will refer you to the Well Being Coordinator who works in the surgery. The Coordinator will talk through the options available during your first appointment and work with you to find activities, services or advice locally that suit your needs and interests.

If you are not comfortable about joining a group or activity on your own the Coordinator can introduce you to someone who can go with you.