

# YOUR SOCIAL PRESCRIBING TEAM

## What is Social Prescribing?

Social Prescribing can help with things that affect someone's wellbeing but cannot be fixed by medicine alone. If someone has a problem that is not medical, Social Prescribers can help them connect with the most appropriate support. Social Prescribing also aims to tackle loneliness and isolation, helping people to feel more involved in their community.

## How can Social Prescribing help you?

Your Social Prescribing Link Worker will talk with you to understand your needs then discuss what is available to help and support you. The idea behind social prescribing is to help you have more control over your own health and wellbeing and find ways to improve how you feel in a way that suits you.

Studies show that patients with Social Prescribers get better and feel better faster than those treated by medicine\*

## Signposting support examples:

- Financial (Citizen's Advice, debt management)
- Mental wellbeing
- Volunteering, employment and education
- Carer support and specialist support services (Dementia, Parkinson's etc)
- Housing support services
- Social care and independent living (support in the home, aids & adaptations)
- Social isolation (befriending, local groups and activities)
- Healthy lifestyle choices (physical activity, nutrition and smoking cessation)



## Connecting with your Social Prescriber:

If you feel you would benefit from the support of a Social Prescribing Link Worker, please speak to any member of staff in your GP practice and they will make a referral for you.

\*What is Social Prescribing Leaflet – NHS 2020



Park Medical Centre, Moorland Medical Centre, Leek Health Centre, Biddulph Doctors and Biddulph Valley Surgery