

# Social Prescribing Service

## What is Social Prescribing?

We are here to support you to live as independently as possible.

We will work with you one-on-one to help you to connect with services, activities, support and opportunities in your local area.

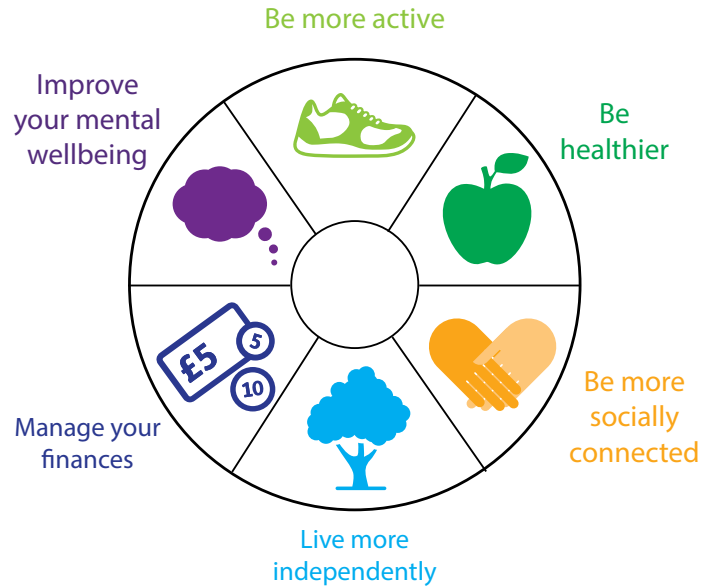
We will listen to what is important to you, and help you to find things to make your life better.

We can help you with:

- Getting involved in local groups, activities and social events
- Befriending, counselling and support groups
- Access to substance management services
- Dealing with bereavement, retirement, a new baby or any other life changes
- Housing, benefits and financial support and advice
- Help with transport or volunteering
- Access to training and employment opportunities

How can Social Prescribing improve my health and wellbeing?

Social Prescribing could help you to:



Our Community Link Workers are here for you.

- We'll keep everything that you tell us confidential
- We're practical and helpful
- We will not judge you
- We will help you to decide how you would like to improve your health, wellbeing and independence
- We will find you activities based on your interests and personality
- We can support you to make positive changes



## Your Local Link Worker



Molly Campbell Mills

Molly will work with you to:

- Discuss the problems you are facing
- Explore what is important for you
- Agree your goals
- Find local activities and services
- Help you access them



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## How can I access this service?

If you think that you, or someone you know, would benefit from our help and support, please speak to anyone on your practice's staff team about being referred to us.

You can be referred by the following GP Surgeries:

- Oakenhall Surgery
- Om Surgery
- Torkard Hill Surgery
- Whyburn Surgery

### What happens next?

One of our Social Prescribing Link Workers will contact you to arrange an appointment to discuss your needs. This could be over the phone, online, at the GP surgery or in your own home.

Your Link Worker will work with you to:

- Discuss the problems you are facing
- Explore what is important for you

This service is open to everyone aged 18+. It is

delivered by  Nottingham & Nottinghamshire



Integrated  
Care Partnership  
Nottingham & Nottinghamshire

  
Nottingham and Nottinghamshire  
Clinical Commissioning Group

# Social Prescribing Service

Hucknall, Gedling, Arnold and surrounding villages.



Connecting you with  
your community.