

Social Prescribing for Better Health and Happiness

Social Prescribing helps you to explore extra services that may assist you in improving your health, wellbeing and independence



How does it work?

A member of your GP practice team may suggest a referral to the Health & Wellbeing Team. One of our Social Prescribers will contact you to find out what you are interested in, tell you about what activities and services are available locally and help you to access them.

Together you will be able to:

1. Explore what is important for your life and wellbeing
2. Identify the local activities and services that you can benefit from
3. Gain support and encouragement to start using services that can help you

The Social Prescriber is:

- Someone to talk to confidentially
- Someone who is practical, helpful and will not judge you
- Someone who can help you decide what you'd like to do to improve your health, wellbeing and independence
- Someone who can find you activities that will suit you
- Someone who can give you support along the way

Social Prescribing can link you with many services in your community to help. These may include:

- Healthy lifestyles and active lives
- Accessing specialist services and support
- Housing, benefits and financial support

To be referred to a Social Prescriber, speak to a member of your GP practice, or email:
oandw.pcn@nhs.net