Introducing **Ana Dragomir** and **Sanah Sheraz** - Social Prescribing Link Workers in **Brentwood PCN**



Patients aged 18+ SOCIA

Preferred to SOCIA

Prescribing

for any of the following issues:

Benefits/ Bereavement Carers finance/form services support filling Counselling **Domestic** Social activities/ options abuse community groups Social **Emotional** Advocacy isolation/ wellbeing support **loneliness** support **Housing** Lifestyle **Volunteering/** training support Weight opportunities

What is Social Prescribing?

Social prescribing is the non-clinical, non-urgent support within your GP practice.

Social Prescribers give you time to focus on what matters to you by taking a holistic approach to your health and wellbeing. They connect you to community groups and statutory services for practical and emotional support.

How can I refer?

You can **self-refer** by making an appointment through reception or requesting through your GP at appointments.

SURGERIES COVERED:

New Surgery, Tile House Surgery, Beechwood Surgery, Deal Tree Health Centre, Mount Avenue Surgery, Rockleigh Court Surgery and New Folly Surgery.

Smoking Alcohol/

substance misuse

Part of the



Service commissioned by

