

## Belper PCN Social Prescriber

**Connecting people with  
your local services to  
improve your mental and  
physical wellbeing**



**Covering:**

**Appletree Medical Practice**

**Arthur Medical Centre**

**Riversdale Surgery**

**Whitemoor Medical Centre**

## What is Social Prescribing?



- Social prescribing is a way of addressing people's non-medical needs in a holistic, person-centred way, through linking people with local activities, voluntary community groups, and peer recovery support groups.
- GPs and agencies can refer people, with their consent, to a Social Prescriber who, through shared decision making, personalised care and support planning, will give people time to focus on what matters to them so they can take greater control of their own health and mental well-being.
- Social Prescribing works well for people with long term conditions, people who are lonely and socially isolated from their communities.

## GP Contact Numbers

- Appletree Medical Practice 47A Town St, Duffield, Belper DE56 4GG [01332 842288](tel:01332842288)
- Arthur Medical Centre Main St, Horsley Woodhouse, Ilkeston DE7 6AX [01332 880249](tel:01332880249)
- Riversdale Surgery 59 Bridge St, Belper DE56 1AY [01773 822386](tel:01773822386)
- Whitemoor Medical Centre Whitemoor Lane, Belper DE56 [01773 880099](tel:01773880099)



## Patient referral routes:

- You must be registered with one of the four Belper PCN GP practices. If you are registered with another GP practice please contact your own service, as all Derbyshire practices should have a PCN SP working alongside of them.
- Your GP may refer you during a consultation, with your consent, or an external service may refer you to a Social Prescriber through your GP practice.
- In order to self-refer you must contact your GP practice and ask for a referral to the SP, with a very brief reason why. The SP will then contact you, this will usually be an initial telephone contact to begin with, to discuss the referral.
- Please be aware that SP's may not be able to work with everyone referred into the service, as expertise health or mental health intervention may be in the patient's best interest to begin with.

- People who have anxiety, depression, and people who have complex social needs linked to well-being.
- COVID-19 has highlighted the need for a proactive approach to building personal resilience, wellbeing and capability. The pandemic has highlighted how important being connected to the local community is, and the importance of how the social and non medical model plays within someone's personal health journey.
- Together, we will look at what is important to you and your wellbeing and develop a Person Centred Support Plan, identifying how you can access local services and activities to help you reach your goals, with further support from the Social Prescriber Worker if needed.



## What type of services could the Social Prescribing link you with?

The SPs can explore local services in your community, such as:

- Healthy lifestyle and physical activities.
- Befriending and support groups.
- Local Mental Health support groups.
- Social and creative activities.
- Housing, benefits and financial support.
- Opportunity and change programmes.
- Training and volunteering
- Green Prescribing.



## What is Person-Centred Care ?

The main components are:

- Shared decision making.
- Personalised care and support planning.
- Enabling choice and independence.
- Supported self-management .
- Supporting people to recognise and develop their strengths and abilities.
- Affording people dignity, compassion and respect.

