

# Social Prescribers

When daily life gets in the way of improving your health, we can help you tackle your problems, add support where needed and make you feel better.



## Improving your health takes time and support

Our Social Prescriber is here to help you look after your health and wellbeing. Many things in everyday life can affect our health and get in the way of making the changes we want to make. Instead of giving you a prescription for a medication only, your Social Prescriber will work with you to create your own *social prescription*.

## Who are the Social Prescribers?

A Social Prescriber is a health professional who works with your GP Practice to help you improve your health and wellbeing. By working closely with your GP and other healthcare professionals, they can provide you with a helping hand to achieve your health & social needs. They can also help accessing a wide range of support services provided by the NHS, the city & county councils and the voluntary/social sectors. We will give you the time to talk to discuss your worries, fears and concerns.

<u>How can a Social Prescriber help me?</u>	<u>How will my health improve?</u>	<u>Together We Will</u>
<ul style="list-style-type: none"> <li>• Support to make positive changes in your life</li> <li>• Give you the time to express your feelings, thoughts, worries and concerns</li> <li>• Help with housing, benefits, financial problems, substance misuse bereavements</li> <li>• Advice on employment, training, and education</li> <li>• Help with exercise, sports, gym, fitness classes etc</li> <li>• Arts, music, outdoors and creative activities and classes.</li> </ul>	<p><i>Some of the health benefits can include:</i></p> <ul style="list-style-type: none"> <li>• Lower stress and anxiety</li> <li>• Reduced isolation or loneliness</li> <li>• Feeling more positive and upbeat</li> <li>• Feeling more confident, having hope &amp; more self-belief</li> <li>• Reduced pain &amp; support with being more active</li> <li>• Fewer symptoms</li> <li>• A more active mind.</li> <li>• Having a network of friends and agencies for support</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss the problems issues and concerns you are facing</li> <li>• Explore what is important to you</li> <li>• Devise a social prescription of actions for some of the problems your facing</li> <li>• Make some goals and aims to work towards</li> <li>• Help you find local support networks and agencies</li> <li>• Help in accessing support services</li> <li>• Make you feel supported, listened too and valued</li> </ul>

## How does the service work?

If you think the service may help you or someone you care for, or to find out more, please ask your any member of staff at your GP practice.

Once we have received your referral, we will write to arrange your appointment with our Social Prescriber. This will usually be at your GP Surgery, via phone or sometimes home visits can be made.

*Don't Wait For Tomorrow To Get The Help Today*