

Social Prescribing

Did you know?

Your doctor isn't the only person who can help you feel better.

You can improve your health and well-being through social prescribing.

What is Social Prescribing?

We know that taking care of your health involves more than just medicine.

With Barnsley Healthcare Federation you can get specialist support for more than medical issues.

Your local social prescribers will contact you and spend time with you exploring what activities and/or local support could improve your health and well-being.

You can consider the benefits of participating in them and we will assist and support you to plan your next steps.

What support can I get?

Our social prescribers can help you with a range of issues including:

- Social isolation
- Loneliness
- Emotional wellbeing
- Healthy lifestyle choices
- Getting out and about
- Life changing events such as birth, retirement, bereavement
- Long term health conditions
- Loss of confidence/purpose
- Poor health linked to housing or house conditions
- Accessing work, training and volunteering

What is Social Prescribing?

- Improve your mental and physical health
- Meet new people
- Learn a new skill or participate in a new activity
- Increase self confidence and self esteem
- Better quality of life
- Get involved in your community

Does it cost anything?

No, our service is free.

How do I access the service?

It's simple, you can talk to your GP, health care professional or surgery staff, or fill in a self-referral form either at your surgery and one of our social prescribers will contact you.

Alternatively, you can contact one our team by emailing syicb-barnsley.pcnsocialprescribing@nhs.net