

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

Essex Wellbeing Service



Patients aged 18+ can be referred to



Social Prescribing

for any of the following issues:



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.

Part of the

Provide
community

Service commissioned by

Essex County Council