



The Dorset Self-Management Service



For many people, circumstances beyond the purely medical give rise to additional worries, issues and needs. Social prescribing involves giving people time to focus on 'what matters to me' and takes a holistic approach to their health and wellbeing by offering help to access community groups and statutory services for practical and emotional support, helping to improve their health, wellbeing and social welfare.

Meet your Primary Care Network Social Prescribing Team...



Weymouth and Portland PCN Social Prescribing Team



**Trudi
Marsh**
Social Prescribing
Link Worker



**Carol
Burgess**
Health &
Wellbeing Coach



**Kulbir
Bhandal**
Health &
Wellbeing Coach



**Jack
Buckland**
Health &
Wellbeing Coach



**Michelle
Miller**
Social
Prescribing
Link Worker

We provide options for your patients for their non clinical needs.

Our staff have the time to conduct a personalised conversation about their social & emotional requirements and co-create a support plan.

Coaches - Working within your primary care network and the wider community, providing coaching to people with non-clinical needs, including carers. The coach will support people to develop the knowledge, confidence and skills to manage their health and the impact it has on their day to day life by way of goal setting.

Social Prescribers - Working within your primary care network and the wider community, offering social prescribing and supported navigation; helping people to link with local resources and their communities.

Referrals can be made via the SystemOne
'Social Prescribing' Task Group.

Alternatively, call Help & Care on 0300 111 3303.

For guidance and support on:

- Improving knowledge, confidence and skills to self manage
- Behaviour change and personalised goal setting
- Living with or caring for someone with a health condition
- Combating loneliness.
- Creating a safe, comfortable and independent environment to live in.
- Navigating Adult Services and/or organising care.
- Signposting to other support networks/services
- Accessing local community groups and activities (knowing what is out there).
- Entitlements including benefit criteria.

Available at these surgeries: The Bridges Medical Practice, Cross Road Surgery, Dorchester Road Surgery, Royal Crescent Surgery, Royal Manor Health Care, Wyke Regis and Lanehouse Medical Practice.

"Having someone to talk to me about what matters to me, made me feel like my surgery really care about me"

"The social prescriber gave me information about a local group for men only, I have found new friends, I feel so grateful"

"My Coach was like a vehicle of hope, each time I found an obstacle, she guided me round it, making me really think about what was important to me"

"I have been able to address many of the health issues I have and the confidence to question. Now planning appointments and taking back some control for myself and learning to accept what I can and can't do".

"I was so worried about attending my appointments alone, but the social prescriber was able to make some time to come to my first appointment, it was just what I needed to get me through the door."

"Help and Care were there for me when I was overwhelmed with all I had to deal with. The face to face appointments helped me plan areas I needed to change."