

Social prescription:

Take control of your health and wellbeing

Many things effect how well we feel and not all can easily be fixed by seeing a doctor or with medicines.

Our GPs say that frequently people say they feel isolated and lonely, or stressed by work, housing or money. These and many other non-medical factors all have an impact on how well we manage our health and wellbeing needs.

When this is the case, medicines alone are rarely the answer. People benefit from a different sort of prescription - one which helps them access support from different organisations, support groups and by getting involved in local activities in their community. This is what we call a social prescription.

How does social prescribing work?

Social prescribing starts with a conversation between you and a social prescriber, someone who is trained to listen and will get to know you and understand your needs. Everybody is different, so your social prescriber will find and signpost you to the people and organisations which are right for you. This is what we call a social prescription.

For example, they will signpost you to services to help with:

- Social isolation and loneliness
- Emotional wellbeing
- Making healthy lifestyle choices
- Managing long-term health conditions
- Housing and financial problems impacting health
- Access to volunteering, training or employment.

The service is free and open to anyone over 13 years.



What are the benefits?

Studies show that people with social prescriptions tend to feel better faster than those who rely on medication alone.

Many people who use the social prescriber service:

- See improvement in their mental and physical health
- Discover opportunities to meet new people
- Build new skills and develop new interests
- Participate in enjoyable activities
- Experience greater confidence and self esteem
- Enjoy better quality of life by getting more involved in their local community.

How do I contact a social prescriber?

It is simple. Talk to your GP or other healthcare professionals at your practice or speak to reception staff and ask for a referral. We will take care of the rest and contact you with an appointment, so you can start to take better control of your own health and wellbeing.

