

Social Prescribing

What does a Social Prescriber do?

Social prescribers offer a person centred and holistic service regarding patients' health and wellbeing. This will include taking time to discuss what really matters to you. Having identified key points, the Social Prescriber can then signpost you to local and statutory organisations that can provide further support.

What can a Social Prescriber support you with?

Social Prescribers will work with you to identify any areas you would like to focus on that will support you to improve your health and wellbeing. Support may be related to:

- Debt
- Loneliness
- Housing
- Parenting
- Mental Health
- Social Isolation
- General wellbeing
- Lifestyle changes

As well as identifying areas for further practical support the Social Prescribers will also work with you to identify areas of interest such as hobbies, socialising & voluntary roles. The Social Prescribers will sign post and support you to actively engage in the local community, in local activities, groups & volunteering roles where appropriate.

How does the service work?

Once your GP has referred you, one of our Social Prescribers will make contact to book an initial appointment. The initial appointment will be used to discuss what matters to you. Together, with the Social Prescriber, you will look at possible solutions to any issues identified and together map out a plan on how to move forward. Every person is unique therefore the service is person centred and the amount of support offered will vary from individual to individual.

Who is Social Prescribing for?

Social Prescribing can be for anyone, of any age, who would like to improve their health and wellbeing.

How can I access the service?

Please ask your GP to refer you.

The Social Prescribers at the University Medical Group are:

Cathy Curtis - Usual working days: Monday - Thursday

Helen Roche Usual working days: Monday - Thursday