

## What is Social Prescribing



Social prescribing – sometimes referred to as community referral – is a means of enabling GP's, nurses, and other health care professionals to refer people to a range of local non - clinical services.

GP's and nurses tell us that a lot of people visit them feeling isolated or lonely. Patients might be stressed at work, financial issues, housing problems, bereavement, or stress of managing long-term health conditions.

When this situation is recognised, the patient can be referred to the Social Prescriber. The Social Prescriber will contact the patient, listen to their issues, identify what matters most and will support them to access appropriate services, activities, or organisations that can help improve their wellbeing.

## WHAT CAN SOCIAL PRESCRIBERS HELP AND SUPPORT WITH?

- Accessing community support and interest groups
- Stress, debt and financial support
- Benefits and housing support
- Loneliness and befriending
- Returning to work
- Nutrition, diet and exercise
- Budgeting
- Accessing support for carers
- Support staying safe at home
- Support navigating the social care system and bureaucracy
- Overcoming isolation
- Smoking cessation
- Support to arrange private care packages or respite
- Care and support planning to explore wider social care needs
- Referral to health services to support physical and mental health

## What happens once a referral is made?

### Easy as 1 – 2 – 3

- 1) The referral will start with a phone call consultation with the patient, typically lasting 30-45 mins. The Social Prescriber will explore issues leading to the referral and a plan will start to be formulated.
- 2) The Social Prescriber will signpost the patient to appropriate services or activities that will support the patients' goals, and will review the patient's progress periodically.
- 3) Some patients can receive support from the Social Prescriber for up to 6 months, depending on individual needs and the complexity of the situation.

## STUDIES SHOW

That patients with social prescriptions get better and feel better faster than those treated with medicine alone.



## CAN SOCIAL PRESCRIBING HELP YOU?

Talk to your doctor or nurse, or ask the reception team to refer you

*This service is available to anyone over the age of 18 years*

## THINK THE SERVICE IS FOR YOU?

Speak to your surgery and ask to be referred.

**The social prescribers for Sedgefield 1 PCN are:**

**Rebecca Gibson**

Jubilee Medical Group – Newton Aycliffe

Tele: 01325 311300

Peaseway Medical Centre – Newton Aycliffe

Tele: 01325 528000

**Joy Watson**

Bewick Crescent Surgery – Newton Aycliffe

Tele: 01235 316637

Hallgarth Surgery – Shildon

Tele: 01388 772662

*"Social Prescribing can help you with things that can't be fixed by doctors and medicine alone"*

# SOCIAL PRESCRIBING SERVICE



"At its most basic, a social prescription offers the kind of help that does not come in a tube or a bottle"