



Social Prescribing service

Supporting people to connect to services within their local community to promote their overall wellbeing.



Our Social Prescribing service connects people to community groups and agencies for social, practical and emotional support.

The service aims to empower people to make changes for themselves, by offering tailored support on a wide range of issues that can affect your health and wellbeing. We work in a collaborative and non-judgemental manner, and provide short term interventions which help you to build a network of support.

How we can support you

A Social Prescriber might help by...

- Supporting you to tackle money, housing or benefit issues.
- Helping you find employment support services, volunteering opportunities, or learning a new skill.
- Promoting digital inclusion.
- Accessing ways to improve your emotional wellbeing e.g. befriending schemes, peer support or arts and leisure activities.
- Encouraging social aspects of healthy living.
- Practical support services to manage your home and keep safe.

Talk to your GP practice for a referral

Our Social Prescribing service is available to patients 18 years and over who are registered at a GP practice. Both GPs and surgery staff can make referrals to the service.

We work with the NHS and other organisations to support individuals.

