

# Social Prescribing

We hope that this leaflet will provide you with information about Social Prescribing. If you are not sure about anything in this leaflet, please ask a member of staff.

## Where do Social Prescribers work?

Social Prescribers are skilled practitioners and link workers who form part of Multi Professional and Wellbeing Teams.

We have a Social Prescriber working directly for our Practice.



## What is Social Prescribing?

Social Prescribing addresses, amongst other things, wider social determinants of health with non-medical interventions. It is recognised that people accessing Social Prescribers are given valuable personalised care opportunities including access to local services depending on their needs which in turn benefits their physical, mental health and overall wellbeing.

Talking with a Social Prescriber ensures a dedicated time slot with a friendly professional to discuss concerns and develop an individual plan specific to the patient's needs. You can share how you feel, what is causing issues or stopping you from achieving in areas of your life. "What matters to you" is a fundamental part of this process. It could be just one thing or a range of concerns which is impacting on your overall health. With a considered, sensitive yet motivated approach, Social Prescribers can talk through an Initial Assessment and subsequently offer a tailored action plan with activities, referrals and guidance. This person-centred approach means it is more likely significant results follow, such as improvement in anxiety levels, quality of life, general health and feeling empowered.



Once your unique plan is developed with any referrals or signposting in place you can follow up at a later date with your Social Prescriber to discuss what worked for you, what needs changing and future self management.

## What is Personalised Care and Support?

Working on a one-to-one basis, strength based approach, giving people time to tell their story and focus on their needs.

Build trust and respect whilst providing non-judgemental and non-discriminatory support, respecting diversity and lifestyle choices.

Help people identify the wider issues that impact on their health and wellbeing, such as debt, housing, unemployment, loneliness/isolation and caring responsibilities.

Help people maintain or regain independence through living skills, adaptations, enablement approaches and simple safeguards.

Introduce to suitable community groups, activities and statutory services.

Follow up to ensure people feel happy, able to engage, discuss any changes or continued support/signposting.



## What are the benefits of Social Prescribing?

- Improves outcomes for people by giving more choice and control over their lives.
- Giving an improved sense of belonging.
- Guidance and signposting for essential or recreational purposes.
- Having a plan and learning to manage health and lifestyle alongside long term health issues.



### Questions?

#### How do I get an appointment?

You can be referred by your GP or a health professional you are already working with. Other services, external to our Practice may also refer directly to our Wellbeing Team.

#### Is there an age parameter?

From 18yrs with no upper age limit.

#### Is this a counselling service?

No. However there are counselling services that may be available to refer into.

#### Am I under pressure to talk and explain?

Not all all. This is at your pace and however you are able to communicate. At the point of initial contact its fine to suggest anything that will help you feel at ease and engage. For example: some people may be comfortable talking through things on the phone, others may prefer to meet face to face.

#### Can I access digital solutions for Social Prescribing?

There are a wide range of online providers and platforms for support. These digital tools are best to compliment personalised individual approaches.

#### After Initial Assessment can my Social Prescribing plan be changed?

Yes. It is beneficial to adapt according to any change in health, circumstances or wishes. Remember this is "what matters to you".

#### What is the Wellbeing Team?

Within the Templer Care Network our GP practices have experienced and skilled staff that can offer wellbeing support appointments for Lifestyle & Dietetics, Mental Health Occupational Therapy, Counselling and Social Prescribing.



### Who am I:

#### Nadine Freestone

Social Prescriber  
Experienced Safeguarding Professional  
Vulnerable Child & Adult Professional  
Previous Devon Carers Practitioner



Is a Primary Care Network made up of the following GP Practices

