

STUDIES SHOW

That patients with social prescriptions get better and feel better faster than those treated with medicine alone. Because it works, it's happening more and more



CAN SOCIAL PRESCRIBING HELP YOU?

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

THE SERVICE IS AVAILABLE FOR ANYONE

THINK THIS SERVICE IS FOR YOU?

Speak to any surgery staff and ask to be referred.

Stockton

The Arrival Practice

Dovecot Surgery

Densham Surgery

Riverside Practice

Woodbridge Practice (Ingelby)

Woodlands Family Medical Centre

Thornaby

Woodbridge Practice (Thornaby)

Elm Tree Surgery



SOCIAL PRESCRIBING SERVICE





WHAT IS SOCIAL PRESCRIBING?

Social prescribing - is a means of enabling GPs, nurses and other health and 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 by work, financial issues, housing problems, bereavement, or the stress of managing a long term health condition.

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
- To explore wider social care needs
- Referral to health services to support with physical and mental health

WHAT HAPPENS ONCE A REFERRAL IS MADE?

01

The referral will start with a telephone conversation, typically lasting 20- 30 minutes. Which may lead to a face to face appointment held at the surgery, at your home or in the community. The Social Prescriber will explore the issues leading to the referral and a plan will start to formulate.

02

The Social Prescriber will signpost the patient to appropriate services or activities that will support the patient's goals, and will review the patient's progress periodically.

03

Patients can receive short or long term support, depending on individual needs and the complexity of the situation.

