

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.

This service is available for anyone over 18.

THINK THIS SERVICE IS FOR YOU?

There are a few ways to be referred into the service this could be speaking to your GP or reception and asking to be referred.

You can also self refer by calling reception on 01778 562200 and asking to speak to Kelly Willerton



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

"At its most basic, a social prescription offers the kind of help that doesn't come in a tube or a bottle."

SOCIAL PRESCRIBING SERVICE

Bourne Galletly Practice



WHAT IS SOCIAL PRESCRIBING?

Social prescribing -

Sometimes referred to as community referral - 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
- * Budgeting
- * Accessing support for carers
- * Support staying safe at home
- * Overcoming isolation
- * Care and support planning 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 consultation, typically lasting 30-45 minutes. 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

Some patients can receive support from the social prescriber for up to 6 months, depending on individual needs and the complexity of the situation.

