

Social Prescribing



Did you know?

Your doctor isn't the only person who can make you feel better...

What is Social Prescribing?

1 in 5 people visit the GP for social issues that affect their health and wellbeing.

Social Prescribing enables GPs, nurses, healthcare professionals and community organisations to refer people to a social prescriber.

Our Social Prescribers can work with you to find out what social issues are affecting your health and wellbeing, using a holistic approach that focuses on individual need.



It all starts with a conversation

We will listen to you, find out what matters to you and then help you access a range of non-clinical services or activities that can help you to feel better

Social prescribing can help you to have more control over your health and find ways to improve how you feel in a way that suits you.

What matters to you is important and it matters to us too!

What Services or activities could I access?

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Social prescribing is designed to help people with a wide range of social, emotional or practical needs, and we can also help support you with your mental health and physical wellbeing.
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Your Social Prescriber may introduce you to a local community group or a new activity such as a walking or running group, or art class, or a peer support group. If you are feeling lonely or isolated, we can link you in with a local befriending group.

You may need help to access benefits or debt advice or need support with housing issues or employment.

Perhaps you are struggling to manage a long-term condition, and could benefit from additional support.

Your Social Prescriber could help you access mental health support, such as counselling, or courses to help with anxiety. They can also help you become more physically active.



Your Rural Alliance Social Prescribing team:

Wellbeing Coordinators

We can help people over 18, who have one or more long term conditions and a social need.



Primary Care
Cheshire

Social Prescribing Link Workers

We can help people over 16 who need additional support with social issues that are affecting their health and wellbeing.



Brightlife

We can help people over 50, who feel isolated or would like some additional connections in their life.



Don't worry, we will help you access the right service for your needs. Just speak to any staff member in your GP practice and we will do the rest!



How can I access the service?

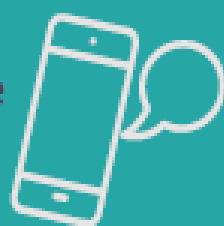
It's simple...

You can talk to your GP, health care professional or receptionist and they will refer you to our Social Prescribing team.

They may ask you for a brief reason of why you need support from Social Prescribing, so that they can put you in touch with the most suitable Social Prescriber for your needs.

Our Social Prescriber will then contact you by telephone and arrange to have a chat with you about your needs and to find out what matters to you, so that they can offer support, advice and signposting to help improve your health and wellbeing.

Contact your GP practice for more info and to be referred



Don't just take our word for it...



“ My GP referred me as I was feeling low. I have been shielding for months and was feeling isolated. The Social Prescriber called me and we chatted for about an hour. She referred me to a local befriending service and now I get a call every Tuesday - it makes my day! She also referred me to free online falls prevention classes. I have got to know the other participants and we all chat and look forward to it each week. ”

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“ I have struggled with anxiety and low mood for years. My Social Prescriber introduced me to an online course to help me with my anxiety. She also encouraged me to exercise and now I walk most days - it definitely helps. I wish I accessed the service sooner. ”

We are here to help you!

You can access our Social Prescribing Service if you are registered at any GP practice in the Rural Alliance:

- Bunbury Medical Practice (01829 260218)
- Drs Adey & Dancy, Tarporley (01829 732401)
- Dr Campbell & Partners, Tarporley (01829 733456)
- Kelsall Medical Centre (01829 751252)
- The Village Surgeries Group (01829 771588)
- Laurel Bank Surgery, Malpas (01948 860205)