

**Thank you isn't enough. I had no idea how to get the help for my husband. You have been so helpful.**

A QUOTE FROM A SOCIAL PRESCRIBING PATIENT

Want to find out more?

Ask your GP Surgery or another health professional to refer you to Social Prescribing. Or you can drop us an email on [WellbeingARRS@staffs.nhs.uk](mailto:WellbeingARRS@staffs.nhs.uk) with the heading **Social Prescribing** and we will be in touch.

# SOCIAL PRESCRIBING

A PROGRAMME DESIGNED TO HELP  
CREATE A POSITIVE CHANGE



**England**

## WHAT IS SOCIAL PRESCRIBING?

A lot of things affect our health and wellbeing and our GP's work very hard to look after our physical and mental health. However, sometimes there are other issues that are difficult to deal with and cannot be solved by medication or medical treatments alone.

Sometimes the things happening to us, or going on around us, can affect our health and wellbeing – the answer might be “Social Prescribing”

## AM I ELIGIBLE FOR THIS SERVICE?

You are eligible for this service if you are over the age of 18, you feel that you need some help to access the support that you need

## HOW DOES THE SERVICE WORK?

Your GP Surgery will send a referral to us or you can self-refer. One of our Link Workers will contact you to book an appointment to discuss your needs. During our time together we will talk about what matters to you, and what support you feel like you need.

## HOW CAN YOU HELP ME? SOCIAL PRESCRIBING

Social Prescribing helps different people in different ways, as it is a very personalised process. It always starts with a conversation about what is important to you. I can support you to connect with the right organisation or service with a range of issues including:

- Loneliness/ isolation
- Life changes (such as birth, bereavement, etc.)
- Coping with long term health conditions
  - Housing problems
- Accessing work, training & volunteering
  - Financial management
  - Loss of confidence
  - Mental health & wellbeing