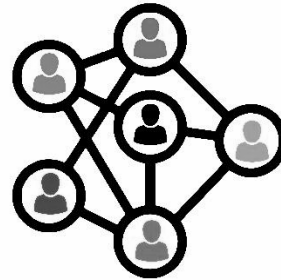


Pump House Surgery



Social Prescribing is now at Pump House Surgery.

What is Social Prescribing?

Recognising that people's health is determined primarily by a range of social, economic and environmental factors, Social Prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Social prescribing is designed to support people with a wide range of social, emotional or practical needs. The extent to which we have control over our lives, have good social connections and live in healthy, safe neighbourhoods are all important influences on health.

It seeks to address people's needs across a number of areas such as physical activity, diet and nutrition, mental health and social support. It is often referred to as a 'more than medicine' approach to health and wellbeing.

Social prescribing – addressing people’s needs in a holistic way

GPs and other health care professionals can refer people to a range of local, non-clinical services, supported by a link worker or connector



SO, HOW DOES SOCIAL PRESCRIBING WORK?

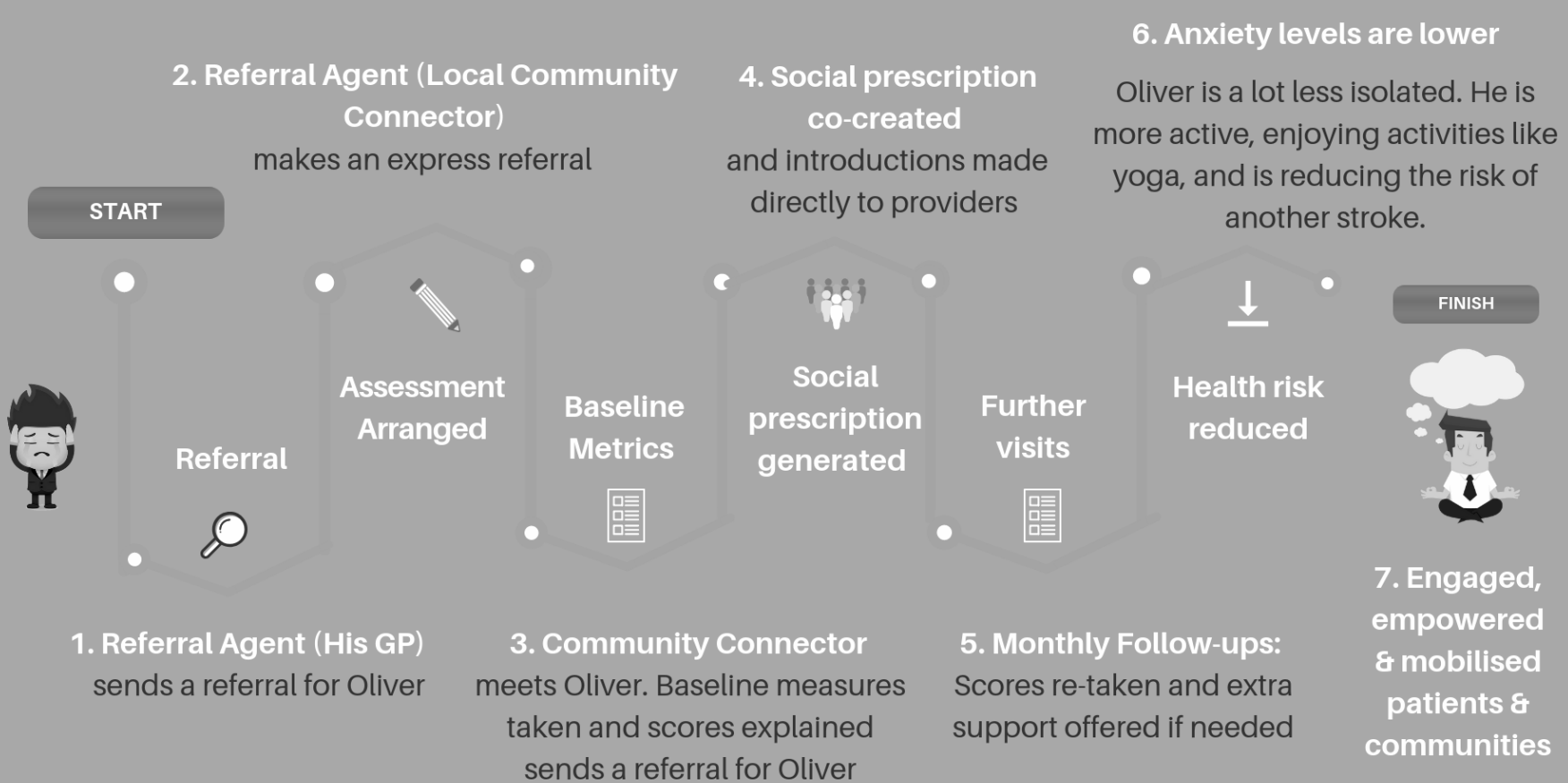
Meet Oliver, a 56 year old man who had a stroke 6 months ago.

The stroke affected Oliver's speech and mobility slightly.

He's felt isolated since and lacks social connections due to his family living in another city.

Oliver needs help with motivation to keep up exercising.

Oliver is also experiencing symptoms of mild depression and anxiety.



How to refer in to Social prescribing clinic

You can self-refer via the Reception team, or by calling/emailing the Social prescribing Link Worker.

Your GP may refer you after discussing during your appointment

A range of other people may refer you to the service from other organisations, such as Social Services, Housing Associations, Fire & Rescue, Hospitals etc.

The service is Free of charge and confidential. The support you will access is tailored to your needs. You may be part of a linked service, where you are being looked after by several people, such as GP, Health Coach and Social Prescriber. Your support will be tailored to incorporate all levels of care you require for maximum benefit to you.

Should you wish to discuss anything further, or refer in to the service, please contact;

Teresa Sparks

Social Prescribing Link Worker

Phone: 07580 911197

Email: teresa.sparks@nhs.net