

## Social Prescribing for Better Health and Wellbeing

Social Prescribing helps you to explore extra services that may support you to improve your health, wellbeing and independence.



### How Does It Work?

A member of your GP practice team may suggest a referral to the Social Prescribing service. One of our Social Prescribers will contact you to find out what you are interested in, tell you about what activities and services are available locally and help you to access them.

### Together you will be able to:

1. Explore what is important for your life and wellbeing
2. Identify the local activities and services you can benefit from
3. Gain support and encouragement to start using services that can help you.

### The Social Prescriber is:

- Someone to talk to confidentially
- Someone who is practical, helpful and who will not judge you
- Someone who can help you decide what you'd like to do to improve your health, wellbeing and independence
- Someone who can find you activities that will suit you
- Someone who can give you support along the way.

### Social Prescribing can link you with many services in your community to help. These may include:

- Healthy lifestyles and active lives
- Arts, music, outdoors and creativity
- Befriending, counselling and other support groups
- Housing, benefits and financial support and advice
- Employment, training and volunteering
- Education and learning
- Getting involved in local groups and activities
- Accessing specialist services and support.

## Service Referral Criteria

### Inclusion Criteria - People:

1. over 18 years old
  2. with one or more long-term conditions
  3. who need support with their mental health
  4. who are lonely or isolated
  5. who have complex social needs which affect their wellbeing.
- (Ref: NHS England, Social prescribing and community-based support: Summary guide)

Referrals should be made for people where they would benefit from support around one or more of the following issues:

- Lifestyle
- Looking after yourself
- Managing symptoms
- Work, volunteering and other activities
- Money
- Where you live
- Family and friends
- Feeling positive

### Exclusion Criteria - People:

1. who do not fall into one of the above groups
2. with severe and enduring mental health conditions unless it's part of a package of care and has been discussed between the referrer and SPLW and agreed as a suitable referral
3. in palliative care
4. who do not want to engage with the SPLW
5. who are being referred mainly for clinical reasons, eg. Addictions

For more information please email: [wsxccg.social-prescriber@nhs.net](mailto:wsxccg.social-prescriber@nhs.net)

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