

What is Social Prescribing?

Social prescribing connects people to community groups, activities & services for practical and emotional support, giving people time to focus on 'what matters to me'.



Social Prescribing supports you by looking at factors that are having an impact on your health and wellbeing, and working together to identify opportunities for you to take control.



Who is it for?

A number of things can impact our health and wellbeing; finances, relationships, lack of social opportunity, stress, housing issues, to name a few.

These problems cannot often be solved by medicine or clinical help alone. This is where Social Prescribing may be able to help.



Social Prescribing can work for a wide range of people, including those:

- With one or more long-term conditions.
- Who need support with their mental health.
- Who are lonely or isolated.
- Who have complex social needs which affect their wellbeing.

What can I expect?

- Your Social Prescriber will initially get in touch with you by telephone to introduce themselves and arrange an appointment.
- At your first appointment, your Social Prescriber will take the time to listen to your circumstances and what is important to you.
- Your Social Prescriber will offer you 6 sessions of support, reviewing your progress along the way.
- During the process, contact will focus on what's important to you, working together to identify opportunities to improve your health and wellbeing and setting goals.
- Contact can be maintained in a number of different ways, this will be discussed during your initial appointment to identify what best suits your needs.

How can I access Social Prescribing?

Your GP or Surgery is able to refer you to our Social Prescribing service.

This may typically start with a conversation you have with them about issues that are having an impact on your health and wellbeing.

Alternatively, you can enquire about Social Prescribing yourself by contacting your surgery and asking about it. Once a referral has been made the Social Prescriber will be in touch.

More information about the Social Prescribing service can be found on your surgeries website or at involve.community

Your local Social Prescriber covers the following surgeries:

- New Wokingham Road
- Woosehill Medical Centre

How Social Prescribing has helped patients

"Social Prescribing has been invaluable to me. I didn't know there was a lifeline for me while I was waiting for mental health support."

"I am now feeling better able to cope with problems. Recently a family member of mine died, it would have got on top of me, but with the support of Social Prescribing I was able to cope."

Your local Social Prescriber is:

Charlotte Woodley

07496234621

charlotte.woodley2@nhs.net

www.involve.community

Available:
Monday– Friday
(9am-5pm)

involve
MAKING A DIFFERENCE LOCALLY

Social

Prescribing

Woosehill & Crowthorne
PCN



"Supporting you to take control of your health & wellbeing."

