

SOCIAL PRESCRIBING AT YOUR PRACTICE

Who to refer:

- People with a long term condition or chronic pain
- Patients who could benefit from lifestyle advice/support
- Isolated/frail older people
- People with poor mental health eg low mood, anxiety, depression
- People who might be at risk of domestic abuse
- Under 55's with complex social needs eg debt, housing, employment
- People who are caring for another member of their household
- Patients who have had Coronavirus and would like to re-engage with their community

What's Available

- Easy referral to a trained social prescribing Link Worker, with full access to the patient's medical records.
- The Link Worker will contact the patient and offer them time and support to discuss their non clinical health and wellbeing, unpicking underlying issues.
- They will guide and motivate the patient to develop an action plan to resolve social issues/ worries/ improve health/ lifestyle and reduce anxiety and depression
- Using 1000's of quality assured local groups, services, online support, apps and volunteering, they will help the patient take control of their health and wellbeing
- They will keep in touch with the patient to progress support, for at least 3 months, always updating their medical records accordingly
- They will advise you of any serious concerns, risks or safeguarding issues

Patients report significantly improved wellbeing, increased physical activity levels, reduced loneliness and improved perception of their health.

How to offer SP to a patient and explain what it does:

'The NHS now offers social prescribing. Would you like to talk to a non-clinical advisor about your wellbeing, lifestyle and mental health?'

The patient can expect to be contacted, invited to an initial assessment where they will be asked about their wellbeing, life satisfaction, happiness, anxiety, loneliness and health, and consider what support is needed for things to improve.

How to refer

Email referrals to wk.connectwell@nhs.net

Contact your in surgery link worker directly using the details attached

Send referrals to:
wk.connectwell@nhs.net

