

Social Prescribing



Improving
your social,
mental and
physical
wellbeing

Helping you
to access
non-medical
support
within your
community

What is Social Prescribing?

Social prescribing is a method of linking you to non-medical support within your community. The intention is to help to improve your social, mental and physical wellbeing.

How could it help you?

This could help you to:

- Feel less lonely and isolated
- Manage your long term health conditions better
- Feel more confident - and less stressed
- Take control of your own health and wellbeing
- Reach support to stop smoking or cut down alcohol consumption
- Obtain support for housing difficulties
- Link up with local community activity groups



A Social Prescriber

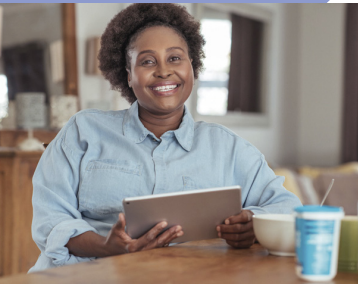
is someone you can talk to confidentially and

- Is practical, helpful and will not judge you
- Can help you decide '**what matters to me**' to improve your health, wellbeing and independence
- Can find activities that will suit **you**, and is someone who can give you support along the way.

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How can I get an appointment?

Anyone can use this service free of charge.
Ask a Health Professional or a member of your
GP surgery team to refer you.
You can also self-refer.
Your Social Prescribing Link Worker will then
contact you to make an appointment.



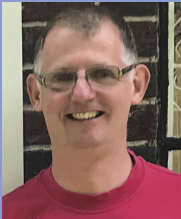
“ Following my discharge from hospital I’m very appreciative
of the help you’ve given me ”

“ I am full of praise for how much support I’ve received -
also for the things you’ve put in place for me ”

“ I don’t know what we would have done without your help.
We were getting desperate. I can’t thank you enough. ”



Introducing Tamworth's Social Prescribing Link Workers



Steve Hodgetts

telephone **07921 003519**



Sue Warmington

telephone **07976 749239**

To refer yourself into the service you can either send an email with your name and contact number to: social.linkworker1@nhs.net or telephone Steve or Sue



Working Together for a Better Future

Community-led cafes and activities enabling individuals to grow well, live well and age well



Hospice Care

Community engagement to promote health and wellbeing



The Mercian GP Network

Delivering Quality Care

A network of eleven GP practices in Tamworth