



SOCIAL PRESCRIBING AND HEALTH AND WELLBEING

What's it all about?

The social prescribing and health and wellbeing service is an exciting new NHS service to help support and maintain our local population's health.

Our Social Prescribers and Health and Wellbeing Coaches are able to spend more time with you, to listen, understand and co-create a personalised support plan to benefit your long-term wellbeing. Our concern is 'what matters to you?', not 'what's the matter with you?'.

As well as helping you to access appropriate services, activities and organisations, we can encourage you to be proactive in staying healthy and make positive changes in your life. We will support you to explore any potential barriers and maximise your chances of success.

WHAT CAN WE HELP AND SUPPORT WITH?

- Accessing community support and interest groups
- Stress, debt and financial support
- Benefits and housing support
- Loneliness and befriending
- Returning to work
- Budgeting
- Accessing support for carers
- Support staying safe at home
- Support navigating the social care system and bureaucracy
- Overcoming isolation
- Smoking cessation
- Support to arrange private care packages or respite
- Care and support planning to explore wider social care needs



- Better nutrition
- Weight-loss
- Becoming more active
- Managing stress and low mood
- Improving sleep
- Managing long-term and newly diagnosed health conditions with diet or lifestyle changes

HOW YOU CAN ACCESS OUR SERVICES

If you would like support from our Social Prescribing and Health Coaching team

Telephone 01772 952484 and leave a message on our answerphone with the following details:

- Your full name
- The GP Practice you are registered with
- Your contact telephone number
- A brief reason why you are contacting us

You can also **email** the details above to: **gppcn.socialprescribing@nhs.net**

A member of our team will contact you to discuss if we can help.

Please note we cannot issue fit notes or provide medical advice.



STUDIES SHOW

That many patients who have input from social prescribers and health coaches get better and feel better faster than those treated with medicine alone. Because it works, it's happening more and more



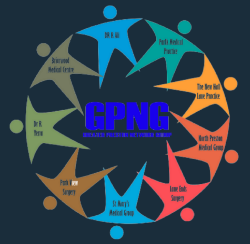
THIS SERVICE IS AVAILABLE FOR ANYONE OVER 18 registered at Dr Ali, Briarwood Medical Centre, Lane Ends Surgery, North Preston Medical Practice, Park Medical Practice, Park View Surgery, Penwortham and St Mary's Medical Group or Dr Yerra.

THINK THE SERVICE IS FOR YOU?

T: 01772 952484 and leave a message

E: gppcn.socialprescribing@nhs.net

(Please see overleaf for the details we require).



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