**Social Prescriber Service**

**What is a Social Prescriber?**

A Social Prescriber works in the surgery to support patients non-medically. Their role is to put patients in touch with relevant services to help improve patient's health and wellbeing. They are there to listen to you and put you in touch with the people and activities that might help you to feel better. Social Prescribing can help you feel more in control of your own health and find ways to improve how you feel in a way that suits you. Studies show that people get better and feel better faster than those treated with medicine alone.

**Who is Social Prescribing for?**

Social Prescribing is available for anyone 18 or over who is looking for support in taking control of their health and wellbeing.

**How does it work?**

A member of the practice team may refer you to our Social Prescriber. Alternatively, you can contact the surgery via telephone or email to request to speak to the social prescriber. The Social prescriber will then call you back within the next working week.

The Social Prescriber will help you explore what is important for your life and wellbeing, identify local activities and services that you may benefit from and support and encourage you to interact with these services.

**The Social Prescriber is someone who:**

* You can talk to confidentially
* Will try to help you and not judge you
* Will help you decide what you'd like to do to feel healthier
* Can help you find activities that suit you
* Can offer you support while you get involved in new activities and services.

**Please see the list below for the types of things the social prescriber can help you find support for:**

* Health lifestyles and active living
* Arts, crafts and creativity
* Befriending, counselling, support groups and specialist services
* Housing, benefits and financial support and advice
* Employment support and volunteering
* Training and learning
* Local groups and activities
* Stopping smoking and weight management
* Refugee and asylum seekers support

**If you are interested in any support with the above-mentioned areas, please contact us request a call from the social prescriber, Naoise. You can do this by calling the surgery on 01332 414944, emailing us on** **villagesurgery.reception@nhs.net** **with the subject title 'Social Prescriber' or mentioning this to a member of staff when you attend or contact the surgery.**