

SOCIAL PRESCRIBER

The only person that truly knows you is you! And that is what social prescribing is all about, putting you at the centre of what you want to do. Your health and wellbeing are the most important elements of your life and social prescribing can help you on a face to face level, on your level to find your interests. It may be rediscovering something or trying a totally new experience, this can be achieved through involvement in group or one to one sessions that are out there in our communities just waiting for you to engage with; just a few small changes can make big differences!

It's all confidential; it gives you an opportunity to express what YOU want to do in a non-judgemental manner that will support you going forward to a healthier and more positive future!



Lee Rand has joined the practice team as a Social Prescriber, this is a new role that will place patients at the centre of their own non clinical care, highlighting the ethos of "what matters to me," to help people discover ways to feel better and improve how they feel in a manner that supports their own decision making.

Social Prescribing offers help and support that doesn't come in a tube or a bottle but instead engagement with local and community based groups and resources to aid support, encourage participation and help reduce the impact of loneliness and isolation.

Lee has a background and interest in weight loss, mental health and health referral, and has helped many people in addressing associated health conditions and improving their wellbeing. His experience will help those looking to help themselves and we warmly welcome him to the team.

Areas that a social prescriber can assist with are:-

- Support with finances
- Getting out & active
- Supporting your mental wellbeing
- Being healthy & well
- Connecting with your community
- Hobbies & interests



How it works:-

- You and your GP agree for you to be referred to social prescribing
- Together with your social prescriber you will agree a plan to achieve your goals through exploring what's important in your life and the social prescriber will help to identify the services locally that will benefit or help you
- You will be signposted to services, community groups and support in your local area, which may include:-
 - ✓ Healthy lifestyle & activity: nutrition, diet & exercise, accessible to all (whatever your current level)
 - ✓ Arts, music outdoors & creativity
 - ✓ Befriending, counselling & other support groups
 - ✓ Housing, benefits, financial support & advice
 - ✓ Employment, training & volunteering
 - ✓ Education & learning
 - ✓ Getting involved in your community
 - ✓ Accessing specialist service & support



The social prescriber is there for you whilst you are on this journey, follow up appointments are available to ensure you are happy with the process and ensuring you are on the right track to reaching your goals!

Speak to your GP and request a referral and if you are happy to be contacted the social prescriber will contact you. It's a fresh opportunity to make your life the way you want it to be.