



HOW WILL IT HELP?

The idea behind social prescribing is to help you to have more control over your own health and find ways to improve how you feel in a way that suits you. Studies show that patients with social prescriptions get better and feel better faster than those treated with medicine alone. And because it works, it's happening more and more.

- Improve your mental and physical health*
- Meet new people*
- Learn a new skill or activity*
- Increase self-confidence & self-esteem*
- Have a better quality of life*
- Get involved in your community*

What people have said:

"It was a great help and made a real difference to my mood."

It's good to find a non-medical person that one can talk to face-to-face. They came up with suggestions and prompted me to look more widely. I was encouraged to do things that I had left behind."

FOR MORE DETAILS...

To find out more about social prescribing generally go to:

www.england.nhs.uk/personalisedcare/social-prescribing/

or talk to your GP, health professional or Patient Service Advisor at reception who can connect you to your local Social Prescriber.

- HOLSWORTHY MEDICAL CENTRE: 01409 253692
- STRATTON MEDICAL CENTRE: 01288 352133
- NEETSIDE SURGERY: 01288 270580
- HATHERLEIGH MEDICAL CENTRE: 01409 253692
- BRADWORTHY SURGERY: 01409 241215
- BLAKE HOUSE SURGERY: 01409 231628



Contact Dawn or Kate
01409 253692
 or email
socialprescribing.pcnhbsv@nhs.net

Social Prescribing

Holsworthy, Bude and surrounding villages

Connecting people with services for better health and wellbeing

Photo provided courtesy of Satellite Pictures and The Old School Surgery, Bristol.



We know that taking care of your health involves more than just medicine.

You can now get specialist support for more than just medical issues by talking to one of our Social Prescribers, community connectors who will spend time with you, exploring what activities and/or local support could improve your health and wellbeing. That might mean being introduced to a community group, a new activity or local club, helping you to find legal advice, help around the house – helping you to find out what services and resources are available.



Introducing your local Social Prescribers:

Dawn Bauling

Bradworthy Surgery, Neetside Surgery and Stratton Medical Centre

Kate Longthorne

Blake House Surgery, Hatherleigh Medical Centre and Holsworthy Medical Centre

Contact your local surgery or the Social Prescribing team directly to discuss your needs in person, by phone or via email.

WHAT SUPPORT CAN I GET?

Our social prescribers can help you with a range of issues, including:

- social isolation
- befriending services
- bereavement
- accessing legal advice
- emotional wellbeing
- mental health support
- being a Carer
- respite services
- cancer care services
- long term health support
- poor health linked to housing
- accessing the workplace
- volunteering
- debt management
- healthy lifestyle
- weight management
- getting out and about
- joining groups: activity based, arts based, outdoor activities etc.
- digital access to services



HOW DOES IT WORK?

Anybody can use this service free of charge. To get an appointment you can:

- Ask your GP, healthcare provider or any member of your surgery team to refer you – one of the Social Prescribers will then contact you.
- Refer yourself by contacting your GP practice or by contacting Dawn or Kate by email directly.
- Book in to one of the clinics.

