Social Prescribers

.....helping you to connect



Our Aim

We want to help each person to have more control over their own health and wellbeing, finding ways to improve how people feel in a way that suits them.

This may include:

- **Improving physical health**
- **Meeting new people**
- **Learning a new skill or activity**
- **Finding ways to improve your self-confidence or self-esteem**
- **Improving your lifestyle**
- **Getting involved with your community**
- **Connecting with advice and support**
- **Improving your circumstances**

Client Comments

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

"It's good to find a non-medical person that I can really talk to, who has time to listen. They made me feel differently about myself and what I was able to do..."

"I didn't feel so alone after I had spoken to my Social Prescriber, and I didn't realise how many things were available locally that I could get involved in."

"Healthcare without tablets or creams!"

Live Longer Better.

Who are we and what do we do?

We are a team of non-clinical healthcare professionals with a variety of health-related backgrounds, working as Social Prescribers since 2019 with local GP practices.

We are part of the WELLBEING team for Cornwall which also includes Health and Wellbeing Coaches

We can speak to:

Any patient registered at Neetside Surgeries and Stratton Medical Centre **ABOUT WHAT MATTERS TO THEM**

Your Social Prescribers can support you with a range of issues:

- **social Isolation**
- **befriending services**
- **bereavement support**
- **carer support**
- **accessing legal advice services**
- **emotional wellbeing support**
- **cancer care support**
- **housing support**
- **debt management**
- **volunteering**
- **healthy lifestyle**
- **joining new groups**
- **digital access**
- **respite services**
- **employment**
- **learning new skills**

How do I book in?

Call your own practice and ask to book in with one of the social prescribers. Appointments typically last between 30 minutes to one hour

Email the team non-urgently on **socialprescribing.pcnhbsv@nhs.net**

Talk to any of the healthcare team at your practice: a doctor or nurse, your phlebotomist or healthcare assistant, any member of staff should be able to book you in or get a message to one of the Social Prescribers. **It's easy!**

BUILDING CONFIDENCE