

What is Social Prescribing?

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

With Social Prescribing you can get specialist support for more than medical issues.

Your local link worker will contact you and spend time with you exploring what activities and/or local support could improve your health and wellbeing.

You can consider the benefits of participating in them, and we will assist and support you to plan your next steps.



What support can I get?

The Social Prescribing Link Worker can provide support and/or discuss other options available for:

- Social isolation/Loneliness
- Emotional wellbeing
- Healthy lifestyle choices including:
 - ⇒ stop smoking
 - ⇒ physical activity/exercise
 - ⇒ weight management
 - ⇒ diabetes control
 - ⇒ reducing alcohol
- Long term health conditions
- Loss of confidence/purpose
- Poor health linked to housing or housing conditions
- Accessing work, training and volunteering

What are the benefits?

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

Does it cost anything?

No, our service is free.



For example:

Bill has been feeling depressed since his wife died (he was her full time carer).

He is prescribed an anti-depressant but would really like to get out of the house and regain some purpose in his life. The social prescriber has the time and the skills to listen and to help Bill find a range of activities and services available in the local community.

For Bill this might be:

- A health walk for exercise, fresh air and company
- Joining a local Men in Sheds or Time-bank to share his skills with others
- Being put in touch with Bereavement Services for emotional support

*“a bit of support and talking
goes a long way “*

North Wingfield Community Resource Centre
67 Whiteleas Avenue, North Wingfield,
Chesterfield, S42 5PW

How do I access the service?

It's simple, you can talk to your GP, health care professional or surgery staff for more information.

Who is it for?

Social Prescribing is available to everyone 18 years and over and a patient at one of the surgeries listed below:

- **Blackwell Medical Centre**
- **Clay Cross Medical Centre**
- **Limes Medical Centre**
- **North Wingfield Medical Centre**
- **Royal Primary Care Clay Cross**
- **Staffa Health**
- **St Lawrence Rd Surgery**
- **The Village Surgery**
- **Wingerworth Medical Centre**
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**South Hardwick
Primary Care Network**

Social Prescribing



Did you know?

Your doctor isn't the only person who can help you to feel better.

Your **Social Prescribing Link Worker** can connect you with community activities to improve your health and wellbeing.