

Your notes

When you talk to your Social Prescriber, you may want to ask how we can help you with some of the following things:

- I want to improve my health by getting more active
- I am very stressed and anxious
- I am not feeling very confident any more
- I want to do support work or volunteering
- I need dementia support
- I am a carer and want to know what support is available to me
- I want to be more socially connected
- I want to live well and more independently

“ It’s very supportive and suggests ways to help me that I didn’t even know existed!

“ The support has gone above and beyond any expectations I might have had!

My Social Prescriber's details

Name: _____

Surgery Telephone Number: _____

<https://www.herefordshiregeneralpractice.co.uk/social-prescribing>

Cover photo: Nikki Marriott

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Herefordshire Primary Care Networks Social Prescribing



What is Herefordshire Social Prescribing?

There are lots of factors that affect our health and wellbeing.

Herefordshire Social Prescribers work alongside the doctors and other healthcare professionals in your surgery to help you access non-medical support within your local community.

They can help you to identify what's important to you and support you to form links with local community services and sources of help.

The aim is to empower you to take control of your life.

Social Prescribers are located throughout Herefordshire.

Please speak to your surgery if you feel you would benefit from being referred.

“Studies show that patients with social prescriptions get better and feel better faster than those treated with medicine alone”*



* According to the NHS' 'What is social prescribing?' leaflet

How does it work?

Step One

Surgery staff can talk to you about social prescribing and help to identify how it may be able to support you. They can make a referral on your behalf.

Step Two

Your local Social Prescriber will aim to contact you within two weeks to discuss your referral. You will be able to talk to them over the phone, meet at the practice or in the community - whichever meets your needs.

Step Three

They will talk to you about what's affecting your wellbeing and what matters to you.

Step Four

They will help to identify local services, groups and activities that will help you to do 'what matters to you'.