



***Your health is
more than just
medicine***



Wellingborough & District PCN

Social Prescribing

***If you need some support and you
are not sure where to go, social
prescribing could be for you.***

The Basics

What is a Social Prescriber?

Social Prescribers take the time to focus on "what matters to you". They listen to your concerns and help you identify any barriers affecting your health and wellbeing. Together, you'll set realistic goals to work towards improving your quality of life.

Our Social Prescribers can connect you to a variety of local organisations and community groups that offer both practical and emotional support, helping you access activities and services that suit your needs. Whether it's support with low mood, staying active, or finding social opportunities, they're here to guide you in taking positive steps forward.



How we work

Improving your health and can take time and support:

We understand that your health and wellbeing go beyond just physical health. We are here to support you with non-clinical issues and help address any challenges that may be affecting your ability to live a happy and fulfilling life.

Instead of diagnosing conditions or prescribing medication, our Social Prescribers focus on connecting you with support and activities that can enhance your overall wellbeing. They are here to listen to your concerns, answer your questions, and offer guidance tailored to your unique needs.

We've partnered with a wide range of community services, charities, and organisations to ensure you have access to the best resources and support available.

What types of things can they help with?

Our Social Prescribers are here to support you in many areas of life beyond your physical health.

Here's how they can help:

- Support to make positive changes
- Help with practical issues
- Linking you to services who can support with housing, benefits, and financial concerns.
- Connecting you to community organisations
- Referring or signposting you to local groups, such as support networks, creative activities, or social clubs.
- Referral to professional support
- Helping you communicate and identify barriers
- Supporting you in identifying challenges and helping you express your concerns effectively.
- Offering a listening ear by giving you the time and space to talk about what's on your mind in a safe, confidential environment.
- Connecting you to organisations who can help with jobs, training and education
- Helping you explore opportunities to build confidence and develop new skills.
- Researching relevant support

If you feel that social prescribing could help, speak to the reception team or self-refer using the details at the back. We're here to support you every step of the way!

What are the health benefits of Social Prescribing?

Some of the health benefits include:

- Lower stress and anxiety
- Reduced isolation and/or loneliness
- More motivation and energy
- Improved mood
- More confidence
- Reduced pain
- Fewer symptoms

What happens if I am referred?

If you self-refer at reception, a member of our team will schedule you into our triage rota, and we will contact you on a designated day. Please note that it's important for reception to understand the nature of your referral so we can assess your needs and provide the best possible support. If you choose to self-refer via email, please include your full name, date of birth, the practice you are registered with, and the nature of your referral. We will then arrange a call at a time that works for you.

Who can access this service?

If you are registered at:

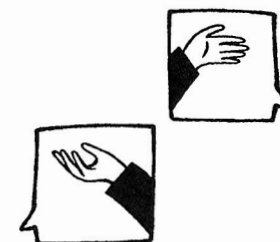
- Albany House Medical Centre
- Abbey Medical Practice
- Queensway Medical Centre
- Redwell Medical Centre
- Irchester Surgery
- Summerlee Surgery

And

You are **NOT**:

- A care home resident
- Have severe and/or complex mental health issues
- Have violent or aggressive behaviour
- Severe drug/alcohol misuse
- Acutely unwell
- Under the age of 18

You are eligible for a referral



To reach out, please contact your reception staff or self-refer by emailing: **northantsicb.splwwd@nhs.net**. If you choose to self-refer, kindly provide your full name, date of birth, the practice you are registered with, and a brief overview