

## What are some of the benefits of social prescribing?

- Improved mental and physical health
- Meeting new people
- Learning a new skill/taking part in a new activity
- Increased confidence and self-esteem
- Better quality of life
- Practical support
- More involvement in your local community

## How can you access this support?

If you are aged 18 or over you can access social prescribing support through your local GP surgery. Simply contact your practice and ask to be referred.

## What will happen once I have been referred?

You will be contacted by one of our social prescribers who will make an initial appointment with you to come into one of the GP practices for an informal chat.

At your appointment you will meet with the social prescriber on a one-one basis.

Depending on your discussions, your social prescriber may then arrange with you to have further follow-up appointments so they can make sure you are getting the ongoing support and help you need. You may have up to six appointments in total.

We will access your clinical record to help us support you in the best possible way.

## Social Prescribing on the Isle of Wight



### Did you know?

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

If you are aged 18 or over you can improve your health and wellbeing with the help of a social prescriber. A free service provided through your local surgery.

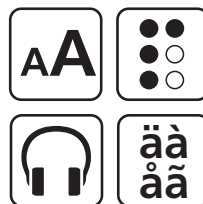
Working in partnership



**Hampshire, Southampton and  
Isle of Wight**  
Clinical Commissioning Group



You can also find us on Facebook.  
Just search @SocialPrescribingIsleofWight



You can get this information in large print, Braille, audio or in another language by emailing [comms@iow.nhs.uk](mailto:comms@iow.nhs.uk) or calling 01983 822099 ext 6175.

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# What is social prescribing?

We know that taking care of your health involves more than just medicine. In fact, sometimes, a medical prescription is not the answer and there are better ways of improving your physical and mental health and wellbeing.

People visit their GPs for a range of different reasons and sometimes these issues can be caused by underlying non-medical matters such as loneliness, anxiety, unemployment, illness or debt.

Social prescribing helps you to explore extra, local services that can provide practical or emotional support and guidance of a non-medical nature.

Our team of friendly social prescribers can give you the time and support to:

- Explore how you can make positive changes to your personal health and wellbeing
- Identify and link you into local activities and services that you can benefit from
- Assist and encourage you to develop personal goals and take practical steps focused on what matters to you

Their service is confidential and free of charge and easy to access through your local surgery.



## What kind of support is provided?

Addressing difficult issues needs extra time and support. Our social prescribers are experienced professionals, who are up to date on what's happening in your local area. They can explore with you the kind of support and advice you need and can help you access that support. That might include things like:

- Social Isolation
- Loneliness
- Health and lifestyle changes
- Life changing events eg birth, retirement, bereavement
- Improved confidence
- Supporting independence
- Mobility and equipment
- Carer support
- Getting out and about
- Home adaptations/housing concerns
- Money worries
- Accessing work, training and volunteering

This support might be through other specialist services, community groups or activities in your local area.

## Who can benefit from social prescribing?

Anyone wanting to improve their health and wellbeing can benefit from social prescribing. This might also include:

- Someone feeling lonely and isolated that would like to connect with others
- Someone who is anxious, experiencing financial challenges, needing advice on benefits/debt/housing or other issues
- Someone with emotional challenges trying to deal with issues in their life
- Someone finding it difficult to manage the impact of having one or more long-term conditions
- Someone finding their role of looking after someone else challenging
- Someone trying to maintain their independence but finding it hard to do so
- Someone wanting to make changes to their lifestyle
- Anyone with a non-medical issue that is affecting their health and wellbeing

