

Many things in life can make us feel unwell and a medical prescription is not always the answer.

Social prescribing can help you to take control of your own health and wellbeing by giving you time to think about what matters most to you and how the service can work with you to improve your health and happiness.

Social Prescribing is about developing Stronger Partnerships, between you, your community and supporting services



5 Ways to wellbeing

- connect** Discover ways to re-connect with your family, friends and community
- notice** Take notice! Pay attention to yourself and what is around you.
- be active** Simple ways to get moving in everyday life.
- give** Do something kind to boost your happiness.
- learn** Learning something new gives a strong feeling of achievement.

To discuss a referral to the Social Prescribing service, speak to the reception team at the following Medical Practices:

Hailey View Surgery

39 Christian Close, Hoddesdon, EN11 9FF
Telephone - 01992 463363
www.hailey-viewsurgery.co.uk

Park Lane Surgery

8 Park Lane, Broxbourne EN10 7NQ
Telephone: 01992 465555
www.parklansurgerybroxbourne.nhs.uk

Amwell Surgery

Fawkon Walk, Hoddesdon EN11 8FG
Phone: 01992 464147
www.amwellsurgery.co.uk

The Limes Surgery

Conduit Lane, Hoddesdon EN11 SEP
Phone : 01992 464533
www.thelimesurgery.co.uk

Your Social Prescriber -

Social Prescribing



Connecting you to local services to improve your physical and mental wellbeing



Hoddesdon and Broxbourne

Primary Care Network

What is the role of a Social Prescriber?

Social Prescribing link workers help to reduce health inequalities by supporting people to unpick complex issues affecting their wellbeing.

They enable people to have more control over their lives, develop skills and give their time to others, through involvement in community groups.

Your Link Worker

Is someone who will listen, support and explore 'what matters to you' and work with you to create a personal plan highlighting your needs.

Your Link Worker can provide support, information and signpost within the local community by linking in with voluntary, community sector organisations and other agencies.

They will help you to find support that works for you.

Social Prescribing helps people

- To adjust their lifestyle, i.e., weight loss/ stop smoking/more exercise
- To look after themselves, when they're not eligible for social care
- Manage their symptoms, ie, finding support groups.
- Find work/volunteering support with money/finances
- Housing, benefits and financial support and advice
- If they have issues with accommodation due to changing needs.
- Gain new networks and friends
- To feel positive about their lives

It can help you to improve your overall wellbeing



How does Social Prescribing work?

A member of your G.P. Practice Healthcare team can refer you to the Social Prescribing Link Worker.

We will then contact you to discuss the referral and arrange to meet you in a place that you feel comfortable, for most people this is at home. Together, we will look at what is important to you and your wellbeing and develop a Support Plan, identifying how you can access local services and activities to help you reach your goals, with further support from the Link Worker if needed.

