



**Hartlepool Health  
Primary Care Network**

Personalise and take control of  
your health needs, by telling us  
what matters to you!

## CONTACT US

You can self refer through your GP  
surgery

For more information about social  
Prescribing please visit:  
[www.england.nhs.uk/personalisedcare/social-prescribing](http://www.england.nhs.uk/personalisedcare/social-prescribing)

# SOCIAL PRESCRIBING

**A prescription without a pill**



**NHS**



## OUR MISSION

Social prescribing is a specially structured way for Health Professionals, including your GP to refer you to a range of non clinical organisations and services that are available within your local community. It compliments the clinical treatments your GP may prescribe and looks to address your social needs, through community partnerships based on your hobbies, interests and goals.

Your Link Worker will work with you to develop a personalised support plan that we call a 'Social Prescription'. It will focus on "what matters to you". Your Link Worker can offer ongoing support that meets your individual needs and enables you to achieve better health and well being.

Through Social Prescribing you will be supported to gain information, guidance and practical support, as well as help to access a range of services within the community that can improve your well being.



## Social Prescribing Link Worker

"There is emerging evidence that social prescribing can lead to a range of positive health and well being outcomes for people, such as improved quality of life and emotional well being" (NHS England, 2019).



## ABOUT US

### OUR TEAM

Our team of Link Workers can offer helpful and practical support that is confidential and non-judgemental. We will work with you through shared decision making to help you decide what you would like to do to improve your health and well being. We can help you find and access activities, services or therapies of your choice and support you along the way to feel more comfortable, overcome barriers and work towards improved health and well being.

### OUR CLIENTS

Social prescribing works for a wide range of people, including people who are:

- Feeling lonely or socially isolated and looking to increase their social network
- Caring for someone
- Wanting to improve physical health (Healthy Eating & Exercise)
- Lacking confidence to access support
- Needing some practical support or information to improve their situation (Housing, Benefits, Debt, Children & Young People support)
- Living with long term health conditions (COPD, Diabetes, Cancer, Stroke)
- Requiring practical support e.g. with form filling or getting to medical appointments
- Experiencing poor mental health

### OUR SERVICES

It could be participating in an exercise group, receiving a Good Food Box/Vouchers to support food security, taking an art or dance class, joining a bereavement network, getting one's hands dirty in a community garden, exploring a local walking trails with a group of peers, volunteering to visit older adults in the communities and so much more.