

## Our Aim



We want to help each person to have more control over their own health and wellbeing, finding ways to improve how people feel in a way that suits them. This may include:

- Improving physical health
- Meeting new people
- Learning a new skill or activity
- Finding ways to improve your self-confidence or self-esteem
- Improving your lifestyle
- Getting involved with your community
- Connecting with advice and support
- Improving your circumstances

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### Client Comments

*...it was a great help and made a real difference to my mood...*

*It's good to find a non-medical person that I can really talk to, who has time to listen. They made me feel differently about myself and what I was able to do...*

*I didn't feel so alone after I had spoken to my Social Prescriber, and I didn't realise how many things were available locally that I could get involved in.*

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# Social Prescribers

...helping you to connect



Healthcare without tablets or creams!

# Who are we & what do we do?



We are a lively team of non-clinical healthcare professionals with a variety of health-related backgrounds, working as Social Prescribers since 2019 for Coast & Country Primary Care Network. We are part of the WELLBEING Team which also includes the Health & Wellbeing Coaches.

## We can speak to:

- Any patient registered at Bradworthy and Neetside Surgeries, Hatherleigh, Holsworthy and Stratton Medical Centres.

Your Social prescribers can support you with a range of issues:

<b>SOCIAL ISOLATION</b>	<b>BEFRIENDING SERVICES</b>
<b>BEREAVEMENT SUPPORT</b>	<b>CARER SUPPORT</b>
<b>ACCESSING LEGAL ADVICE SERVICES</b>	<b>EMOTIONAL WELLBEING SUPPORT</b>
<b>CANCER CARE SUPPORT</b>	<b>HOUSING SUPPORT</b>
<b>DEBT MANAGEMENT</b>	<b>VOLUNTEERING</b>
<b>HEALTHY LIFESTYLE</b>	<b>JOINING NEW GROUPS</b>
<b>DIGITAL ACCESS</b>	<b>RESPIRE SERVICES</b>
<b>EMPLOYMENT</b>	<b>LEARNING NEW SKILLS</b>

## BUILDING CONFIDENCE

# How do I book in?

## By phone



Call your own practice and ask to book in with one of the social prescribers. Appointments typically last between 30 minutes to one hour.

## By email



Email the team non-urgently on

[socialprescribing.pcnhbsv@nhs.net](mailto:socialprescribing.pcnhbsv@nhs.net)

## In person



Talk to any of the healthcare team at your practice: a doctor or nurse, your phlebotomist or healthcare assistant, any member of staff should be able to book you in or get a message to one of the Social Prescribers. It's easy!

To find out more about our Social Prescribing go to:

[www.rubycountrymedicalgroup.co.uk/social-prescribing](http://www.rubycountrymedicalgroup.co.uk/social-prescribing)



[www.england.nhs.uk/personalisedcare/social-prescribing/](http://www.england.nhs.uk/personalisedcare/social-prescribing/)