

Social Prescribing- Medicas

What is social prescribing?

Social prescribing empowers people to take control of their own health and wellbeing and has the potential to strengthen both the community and personal resilience, as well as reducing health and wellbeing inequalities by addressing the wider determinants of health.

Social Prescribing can be relevant for a wide range of people. This can include patients who ring up often, but the need might not always be medical.

What we do

- Give people time to focus on what matters and what is important to them
- Building on "what matters to me" co-produce a simple personalised support plan based on the persons assets, needs and preferences.
- Connect people with local voluntary, community, and social groups/agencies We can connect people to activities, groups, and practical and emotional support in a wide range of areas.

be more active



Who is it for?

Anyone who is presenting with a non-medical issue...

- Social issues/isolation
- Financial/Debt support
- Lower level mental health
- Carer support
- Bereavement
- Domestic abuse
- Family support
- Housing/environmental issues
- Improve physical wellbeing

Inappropriate referrals...

- People who are in crisis
- People needing clinical supporting letters
- Referrals without consent

How to refer to us.

Anyone working within the GP practice can refer patients for support. This **must** be with their consent.

Tasks can be sent to the social prescribing task group on system one.

