

What is Social Prescribing

Social Prescribing is an approach that connects people to activities, groups, and services in their community to meet the practical, social, and emotional needs that affect their health and wellbeing.

Recognising that people's health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health

Social prescribing is an all-age, whole population approach that works particularly well for people who:

- have one or more long term conditions.
- who need support with low level mental health issues.
- who are lonely or isolated.
- who have complex social needs which affect their wellbeing.



<https://www.youtube.com/watch?v=O9azfXNcqD8>

Social Prescribing Link Workers work closely with GP practices, sometimes employed directly by them, and sometimes employed by the third sector. They know their communities well and they find and network with all sorts of organisations and groups that offer activities, advice and support.

Social Prescribing Link Workers spend time with people, actively listening to them and finding out what matters to them, also helping them to look at how to overcome any barriers they experience to accessing support or making changes. They usually offer from 1 to 6 appointments depending on the individuals needs.



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In the South Hams we are only able to offer over 18s Social Prescribing Support at this time, however we can offer parents and guardians signposting and referrals to support under 18s.

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