|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| * Advocacy * Benefits advice * Befriending * Bereavement Support * Budgeting Advice * Counselling Support * Debt Advice * Domestic Abuse Support * Education and Training * Family Support * Hobbies * Housing Advice * Mental Health Support * Physical Health * Social Activities * Specialist Services * Specific Condition Support * Support Groups * Volunteering Work |  | **The Guildhall Surgery**  High Street, Clare, Suffolk CO10 8NY  01787 277523  **Glemsford Surgery**  Lion Road, Glemsford, Suffolk CO10 7RF  01787 280484  **Wickhambrook Surgery**  Boyden Close, Nunnery Green, Wickhambrook, Suffolk CB8 8XU  01440 820140 |  | “Medicines can treat symptoms, but restoring quality of life sometimes needs a broader approach”  **WSR PCN**  **West Suffolk Rural** |

Social

Prescribing

|  |  |  |  |
| --- | --- | --- | --- |
| What is Social Prescribing?    Social prescribers connect people with local community activities and services that can help improve their health and wellbeing. Social prescribing also links patients with appropriate support and guidance which has been shown to improve physical and mental health outcomes, reduce loneliness and social isolation and improve wellbeing. |  | What are the benefits?   * Increase self-confidence and self esteem * Improve your mental and physical health * Have a better quality of life * Get involved in your community * Meet new people * Learn a new skill or participate in a new activity * Helps reduce health inequalities * Allows individuals to co-create their own enriched, personalized care path * It supports people with a wide range of social, emotional and practical needs |  |

Speak to a member of reception, your nurse or your GP for a referral.

External organizations that you might be working with can also refer you by contacting your GP surgery.

How to refer:

What happens next?

You will receive a phone call following your referral and be offered an assessment appointment. In this appointment we will explore your issues and what matters to you and devise an action plan together.

Within up to approximately 6 sessions we hope to provide patients with the knowledge and tools to better promote self-care.