

Social prescribing



Building relationships with people, typically referred by primary care or self-referred, to connect people to activities, groups, and services in their community to meet practical, social and emotional needs.



The challenge

- People experiencing enduring feelings of loneliness
- People who do not have any form of social support network
- A lack of confidence in people to seek out support or engage with services
- Unmet social needs which if unaddressed leads to a lack of independence, choice, control and general wellbeing.



The service

Delivering personalised support that seeks to understand what matters to someone. Goals are agreed with a focus on **creating sustainable connection to resources and local services, aligned with the person's goals and interests.**

The service is provided by teams who are experts in what their community has to offer, **building rapport with people** who often feel isolated and **enable them to access the resources** that will improve their personal situation.



The impact

- ▶ **Reduction in loneliness and social isolation**
- ▶ Reduced reliance on **statutory services**
- ▶ **Increased connectedness** with other people and sources of support
- ▶ Improved sense of **wellbeing**.

"You have been a lifeline for my patients. Thank you so much for the support you have been providing to them."

GP