

How do Social Prescribers work?

- The Social Prescribing service have more time to support patients
- Offer practical, helpful advice
- Work closely with other partners
- Can help decide the way forward, sometimes patients need a helping hand

At its most basic, a social prescription offers the kind of help that doesn't come in a tube or a bottle

The idea behind social prescribing is to help you to have more control over your own health and find ways to improve how you feel in a way that suits you

What agencies do the Social Prescribers work with?

- Age UK • Alzheimer's Society
- Citizen's Advice Bureau • Carers Contact Centre (Support for Carers) • Dementia Support
- Help @ Home • Healthy Lifestyles
- Forum 50 plus - befriending / activities
- Live Well Telford • Telford & Wrekin Council



To find out how it can work for you

Talk to your doctor or health professional today on how to access support

You can also email the Social Prescribing Team
socialprescribing.teldoc@nhs.net

What is Social Prescribing?



Social prescribing is a service provided by your local Primary Care Networks - GP Surgeries and is a way in which patients can be helped to link with a range of local non-medical services, opportunities and support that can improve patient's general health and mental health.

Teldoc offer a Social Prescribing Service that can offer support with loneliness and isolation, befriending, equipment needs, housing support, accessing groups and much more.

There are lots of ways you might be part of social prescribing service. It often starts with a conversation perhaps with your doctor who can refer or signpost you to a link worker, however you can also self refer.

Social Prescribing can help us with things that **can't be fixed** by doctors and medicine alone.

Social Prescribing Link Workers are there to listen to you, and put you in touch with the people and activities that might help you to feel better.

That might mean being introduced to a community group, a new activity or a local club. It could be volunteers to help around the house. It might be information and guidance: a bit of inside knowledge on your situation and what local resources are available.

