

BARNET SOCIAL PRESCRIBING

CONNECTING YOU TO THE SERVICES THAT CAN SUPPORT YOUR HEALTH AND WELLBEING.



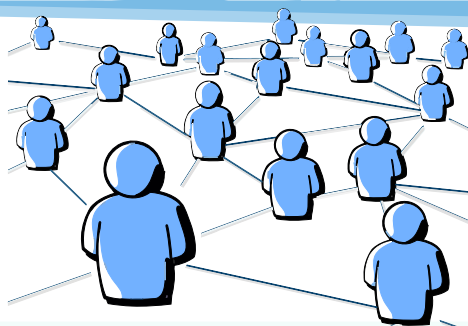
WHAT IS SOCIAL PRESCRIBING?

Many things in life can make us feel unwell or affect our overall health and wellbeing negatively and a medical prescription is not always the answer.

Social prescribing can help you to take control of your own health and wellbeing by providing you time to think about what matters most to you.

"IT'S SO NICE TO BE CONTACTED AND LISTENED TO. THANK YOU FOR SENDING THE REFERRAL, IT HAS BEEN A WEIGHT LIFTED".

" I AM SO HAPPY, WITHOUT YOUR SUPPORT I WOULD NEVER HAVE GOT TO WHERE I AM. I FEEL SO INDEPENDENT AND CONFIDENT NOW COMPARED TO WHO I WAS FROM OUR FIRST SESSION".



WHAT THE SERVICE OFFERS?

Social Prescribing is about developing stronger partnerships between you, your community and the supporting services.

Once you have been referred, your Social Prescribing Link Worker will take on a personalised care approach to speak with you about your wellbeing needs and what matters most to you.

They will then signpost you to local services, guiding you towards the tools necessary to improve your health and wellbeing. In total, the Social Prescribing service offers up to 6 sessions of information and support.



Barnet Federated GPs



Barnet Social Prescribing Service

WHAT SERVICES CAN A SOCIAL PRESCRIBER CONNECT YOU WITH?

- Housing information •
- Carers support •
- Benefits and financial guidance and advice •
- Healthy lifestyle and physical activities •
- Befriending, and support groups •
- Training, employment and volunteering •
- Social and creative activities •
- Community mental health services •
- & Many more •



HOW TO ACCESS THIS SERVICE?

A referral can be made by contacting your GP surgery and any member of staff can refer you to the social prescribing service.

This service is eligible for all adults over the age of 18 who are registered with a Barnet GP practice.

FOR MORE INFORMATION CONTACT
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