



Personalised Development Plan:

- SP passes on a number for a charity that can help with gambling and alcohol addictions
- SP offers them resources including recipe ideas and workout plans
- The SP gives them information on a subsidised fitness class they can join once a week on 'prescription'

Person A and the Social Prescriber will then have follow-up meetings to see the progress and see if any more help is needed.

Person A is now better supported to take control of their own health. This can help stop them from developing diabetes and needing medical help.

Why is social prescribing necessary?

With 1 in 4 GP visits having little to do with medical problems, the role of social prescribing is increasingly important.

Social prescribers can empower you to help yourself when it comes to your health.



Ask about a referral from the patient advisers or your GP

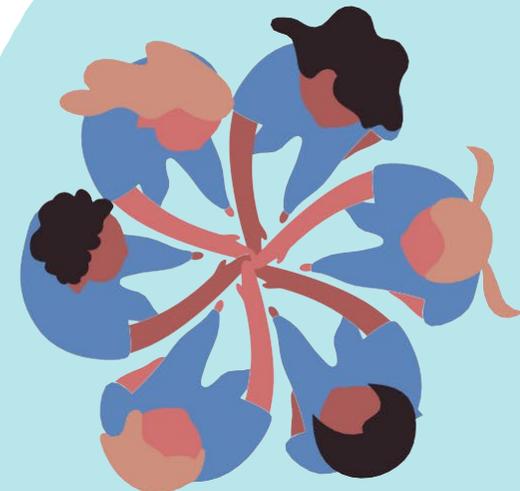
Contact us:

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Understanding Social Prescribing



What is social prescribing?

Health is more than just tablets and medicines.



A lot of the time, our health is shaped by our social, economic and environmental factors - these can't be directly helped by medicines. These factors make us individual, and in some cases can improve our health but in others, they can make our health worse.

Social prescribing helps us see which of these factors might be making our health worse, and can help us change them.

This improves our health, and can even prevent us from developing diseases.

What factors affect our health?

We can split these factors into 5 categories

These are known as the social determinants of health..



These factors often exist before we develop a disease. Social prescribers help us identify these factors, and empower us to make changes. Through this we can prevent ourselves from developing diseases.

Pathway to Social Prescribing

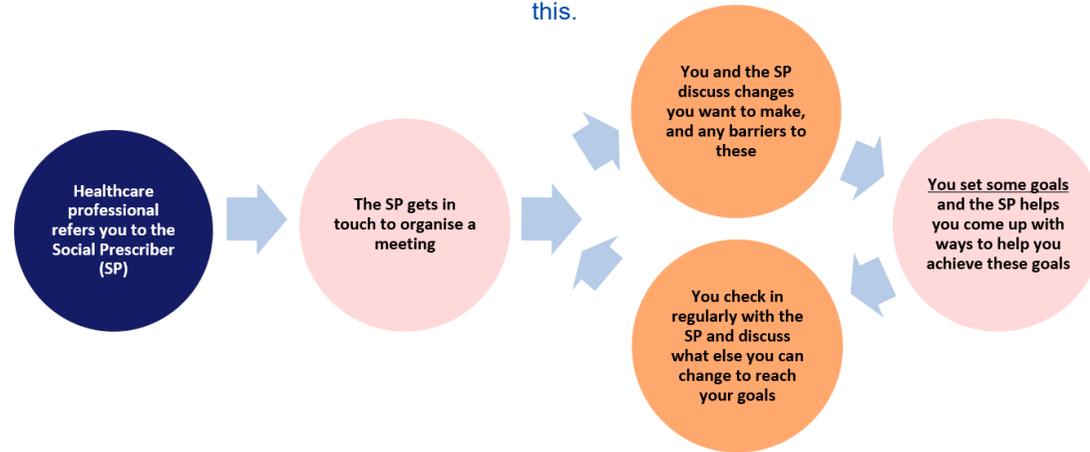
To help us understand social prescribing, let's look at an example of Person A.



Person A has been told by their doctor that they are pre-diabetic.

The doctor has said losing weight will help.

Person A is referred to Social Prescribing to help them with this.



The Social Prescriber organises a meeting with Person A.

Person A would like to lose weight, as they do not want to develop diabetes.

They know exercising more and eating well will help them lose weight.

However, they work an office job so are sat down all day, and they have gambling debts so they cannot afford help with exercise. They also have an alcohol addiction which means they don't often eat well.

Together they come up with some goals and make a 'personalised development plan' which is individual to Person A.

Goals set by Person A:

- To eat healthier
- Cut down their alcohol intake
- Increase their exercise by joining a fitness class
- To work through their gambling debts to help them afford healthy choices